

To the person being targeted by bullying

YOU DESERVE RESPECT. YOU DO NOT DESERVE TO BE BULLIED.

Take a stand. If you are being targeted keep your cool and walk away. Using insults or fighting back might make the problem worse.

Don't join in the bullying by putting yourself down. Stay focused on things that make you feel confident and proud of yourself.

Get support. Hang out with friends that will support you, and work together to speak out against bullying and harassment.

Think about the qualities you want in a friend and try to have those qualities yourself. Know that people who treat you poorly, exclude you or spread rumours about you are not good friends.

Don't cast yourself as a "victim" for life. This person or people have singled you out in this situation but that doesn't mean it will always be that way.

Cope with strong feelings of sadness or anger in a healthy way through sports, music, reading, journaling, or talking it out.

FACTS

Bullying is not a normal part of growing up.

You have a right to be treated with respect and feel safe.

Being bullied is NOT YOUR FAULT. There is nothing wrong with you. No one deserves to be bullied.

YOU ARE NOT ALONE, ASK 4 HELP

Talk about it with someone you trust and try to find a healthy way to change what is happening or how you react to it.

Call a help line – reaching out to a counsellor in an anonymous way can help make talking about it easier.

KidsHelpPhone
1-800-668-6868
kidshelpphone.ca



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