

Types of Bullying

Verbal



Verbal bullying can be name calling, spreading rumors, threats, taunting, using inappropriate words, etc.

Physical



Physical bullying can be pushing, kicking, punching, stealing or destroying others belongings, etc. It is using your body to hurt or scare another person.

Social



Social bullying can be excluding others from a group, creating rumors, preventing people from talking to someone, etc.

Cyber



Cyber bullying can include using the internet/ social media to harass, intimidate, scare someone, etc. Cyberbullying has elements of verbal and/or social bullying.

Spot the Bullying: Guess the Type

Guess the type of bullying each statement is describing



Sally is purposely making everyone in their friend group ignore Jo. Everyone starts ignoring Jo and excluding her from conversations

Jessica spams her friend's phone with text messages every night. She sends hundreds of texts every night.

Ben is always tripping Josh and pushes him into the lockers at school.

A group of students are making rude and inappropriate comments about a new student named Juan. He is being teased about his clothes, appearance, etc.

Upstander Be a ~~Bystander~~

Be the Change

Help Stop Bullying



1

Be a Friend

Show some support to the person being bullied. Whether it's having a chat or reaching out online. Let them know you see the bullying, and are on their side.

2

Speak Up

Calling someone out can feel scary, but if you feel safe, calmly let them know their behaviour is not ok. Doing so will give others the courage to be upstanders too.

3

Ask for Help

Support the person being bullied to seek out help. If you feel concerned for their safety, you may have to go a step further. Like reporting the bullying to a trusted adult.



4

Shift the Focus

You can help stop an incident by creating a distraction. You can ask the person being bullied or the bully [if you know them] for their help with something or invite them to come sit with you.

5

Take a Step Back

If you don't feel it's safe to step in while it's happening, it's ok to walk away. Say something to the person doing the bullying later on or, sent a text or DM online.

Remember, **even small acts of kindness and support** can have a big positive impact on those affected by bullying.



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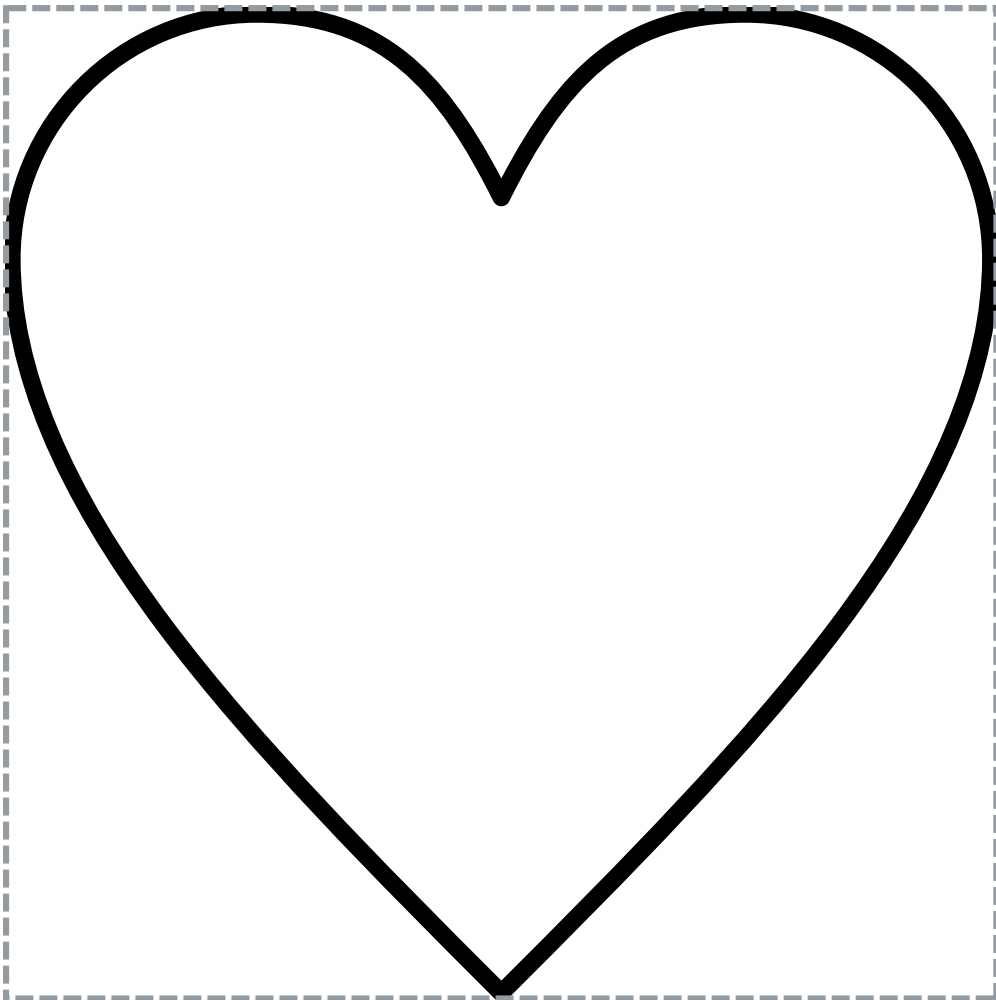
A WRINKLED HEART



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Bullying has many short and long-term impacts on those who are effected. This 'Wrinkled Heart' activity will help demonstrate the powerful effects hurtful words or behaviours can have on someone.

- 1. Cut out the paper heart.**
- 2. Think of things that people say or do that hurts your feelings.
Wrinkle or fold the heart for each point.**
- 3. Next, think of positive experiences or ways that others have made you feel good. For each point, unfold your heart.**



We see the effect that hurtful behaviors can have on someone's heart, as the wrinkles never come all the way out. Let's remember to demonstrate kind behaviors towards our peers and not cause wrinkles in other hearts!



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My Shield of Strength



Everyone has special strengths that make them **Strong**, Smart & **Bold**. A shield is a symbol of protection and strength, so you will create a "Strengths Shield" to remind yourself of what makes you awesome!

1. Think of things that make you feel Strong, Smart & Bold. These can be qualities, talents, or things you like about yourself. *Some examples could be: 'I am a good listener,' 'I am creative and artistic,' 'I am a good friend.'*
2. Write or draw each strength on the shield.
3. Decorate your shield. Use different colours, patterns and designs to help you feel special and powerful!
4. Cut out and use your shield. Try to keep your shield in a place where you can see it everyday. *If you ever feel unsure of yourself, you can look at the shield to remember all your amazing strengths!*



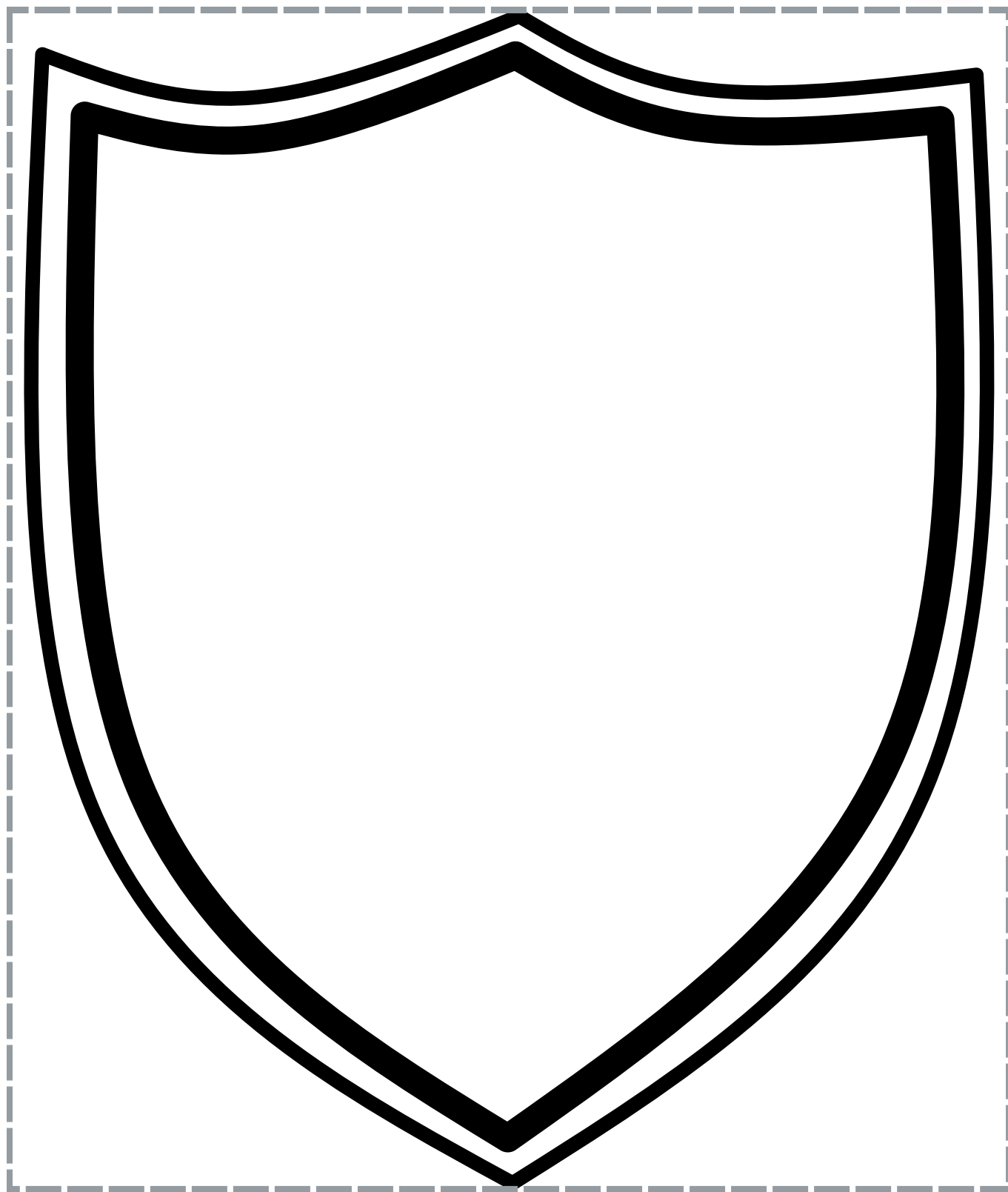
It's always important to have self-reflections to help remember our inner strengths. Your 'Shield of Strength' is a visual and tangible reminder of your unique qualities that you can turn to when you need a confidence boost.



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My Shield of Strength



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Digital Citizens

Staying Safe Online



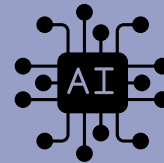
Below are some True or False statements about Online Safety and Artificial Intelligence (AI). Try your best to answer the questions. Some of them may surprise you!

True or False?

It's safe to share your personal information (like your full name, address, and phone number) with anyone you meet online.



AI can only be used by adults, so it's not something you should worry about.



Using strong, unique passwords for each of your online accounts is a good way to stay safe.



AI can help keep you safe online by blocking harmful websites and detecting cyberbullying.



It's okay to click on random links in emails or messages if they seem interesting.

CLICK HERE



AI can make mistakes, so it's important to think critically about the information it gives you.



A: F, F, T, T, F, T



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SELF-REGULATION BOOKMARK

This bookmark is filled with simple self-regulation tips to help you stay calm, focused, and in control. Perfect for school, home, or on-the-go, this bookmark is a great tool for building emotional awareness and resilience.



Keep it handy for those moments when a little pause and reflection can make a big difference!



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GIRLS INC. BULLYING ALLIANCE: RESOURCE PAGE

**girls
inc.**

of Northern Alberta

Bullying, whether in schools, workplaces, or online, is a serious issue that affects individuals of all ages and backgrounds. This resource page is designed to provide valuable resources, support, and information for anyone who is experiencing bullying or looking to help others. Whether you are seeking advice, want to learn how to prevent bullying, or need immediate assistance, this page offers a range of tools to guide you.

Bullying Canada

<https://www.bullyingcanada.ca/get-help>

[ca/get-help](https://www.bullyingcanada.ca/get-help)

Phone: 1 877 352 4497

Text: 877 352 4497

Stomp Out Bullying:

<https://www.stompoutbullying.org/>

Resources & Helpchat crisis line for youth ages 13-24.

Kids Help Phone:

<https://kidshelpphone.ca/>

Phone: 1 800 668 6868

Text: 686868

Some other Solutions

Crisis Line:

780 743 4357

For Youth



Canada Health Services - How parents & guardians can prevent bullying

<https://www.canada.ca/en/public-health/services/bullying/how-parents-guardians-can-prevent-bullying.html>

White Hatter: Helping Parents / Caregivers keep their children safe online.

<https://thewhitehatter.ca/online-parenting-book/>

Promoting Relationships & Eliminating Violence Network

<https://www.prevnet.ca/>

For Parents/Caregivers & Educators

Children and Screens

<https://www.childrenandscreens.org/>

Bully prevention programs for school, work & sports

<https://www.daretocare.ca/>

Some other Solutions - RMWB Resource Page (latest update: 2021)

<https://www.someothersolutions.ca/resources-community>

White Hatter App

The White Hatter's safety resource app is a collection of helpful tools and sources for students, teens, teachers, and parents who need help from a variety of challenges such as bullying, mental illness, substance abuse, sexuality, and various emergencies. Some of these resources offer 24/7 assistance in times of crisis. We offer dedicated Canadian and United States resources pages. Connect with The White Hatter team directly through our social media and website—all accessible within the app!



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To learn more visit www.girlsincofnorthernalberta.org Follow Us: @girlsincfnab
Email programs@girlsincofnorthernalberta.org or Call 780-790-9236

