

# Bullying Infographic



## WHAT IS BULLYING?

Bullying happens when there is an imbalance of power; where someone purposely and repeatedly says or does hurtful things to someone else. There are many different forms of bullying including: physical, verbal, social, psychological and cyberbullying. Some examples are:

- name calling, teasing
- hitting, punching
- stalking



Over 80% of the time, bullying happens with peers around.\*



57% of the time, bullying stops within 10 seconds when a bystander steps in.\*


*\*According to the Canadian Red Cross*

## WHAT IS CYBERBULLYING?

Cyberbullying involves the use of communication technologies (social media, texting, Internet) to intimidate or harass others. It can be anonymous and follow a victim everywhere, 24 hours a day, 7 days a week. Some examples are:

- online harassment
- trolling
- fake accounts
- sharing private pics without consent

## BULLYING CAN LEAD TO...

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- Depression
  - Loneliness
  - Social anxiety
  - Stress-related health problems
  - Embarrassment
  - Low self-esteem
  - Trouble sleeping
    - Low grades
  - Skipping school
    - Aggressive behaviour
  - Detachment from family and friends
  - Self-harm
  - Contemplating, attempting, or committing suicide

## BULLYING CAN BE ILLEGAL\*:



### ASSAULT

Threats or acts of violence and bodily harm.



### DEFAMATORY LIBEL

Spreading rumors about someone.



### IDENTITY THEFT/ FRAUD

Creating a fake profile to ruin one's reputation.



### UTTERING THREATS AND EXTORTION

Threatening to share someone's personal information to others if they don't do what you want them to do.



### CRIMINAL HARASSMENT

Constantly sending mean or threatening messages that make someone fear for their safety.



### CHILD PORNOGRAPHY

Sharing intimate pics and videos of minors (under the age of 18).

*\*According to the Criminal Code of Canada*

*The effects of bullying can last a lifetime.*

## IF YOU EXPERIENCE BULLYING, YOU CAN:

- ✓ Not respond to texts or e-mails.
- ✓ Unfollow or block the user.
- ✓ Adjust your privacy settings.
- ✓ Take a screenshot and report the problem to the website or app admin.
- ✓ Talk to someone: a parent, friend, police officer or trusted adult.

## IF A FRIEND EXPERIENCES BULLYING, YOU CAN:

- ✓ If comfortable, stand up for them! Try not to be a bystander.
- ✓ Speak to someone: a parent, teacher, school counselor, police officer, or trusted adult.
- ✓ Listen to your friend and provide them with support. Be by their side.

## RESOURCES

### RCMP CENTRE FOR YOUTH CRIME PREVENTION

[rcmp-grc.gc.ca/cycp-cpcj](http://rcmp-grc.gc.ca/cycp-cpcj)

### KIDS HELP PHONE

[kidshelpphone.ca](http://kidshelpphone.ca)

1-800-668-6868

### CANADIAN CENTRE FOR CHILD PROTECTION

[NeedHelpNow.ca](http://NeedHelpNow.ca)

[Cybertip.ca](http://Cybertip.ca)

### CANADIAN RED CROSS

[redcross.ca/respectededucation](http://redcross.ca/respectededucation)



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