

## What is Bullying?

Bullying is an imbalance of power. Bullying is when one or more children hurts another child physically (hitting or kicking), verbally (name-calling or teasing), or indirectly (socially isolating, manipulating friends, ostracizing, excluding, extortion, intimidation, or cyber-bullying).

Our goal with the Bullying Prevention Program is to reduce the level of physical and emotional aggression within our community.

We attempt to do this by targeting the entire school community—personnel, parents, students and community members.



## Programs and Services

Counselling, Information and Referral  
Ontario Early Years Centre—Carleton  
Services for Children and Families  
Services for Youth and Families  
Violence Against Women Services  
Chrysalis House  
Community Development  
Services for Seniors and Adults with Physical Disabilities  
Volunteer Services



2 MacNeil Court, Kanata, Ontario, K2L 4H7

Phone: 613-591-3686

Fax: 613-591-2501

TTY: 613-591-0484

Web: [www.communityresourcecentre.ca](http://www.communityresourcecentre.ca)

E-mail: [info@communityresourcecentre.ca](mailto:info@communityresourcecentre.ca)

B.N. 12821 9201 RR0001



*Bringing care and community together*

# Bullying Prevention Program



A community-wide program to address the issue of bullying.

**613-591-3686**

**2 MacNeil Court, Kanata**

# Bullying Prevention Program\*

## Facts on Bullying

- Bullying occurs once every 7 minutes and lasts, on average, about 37 seconds
- Emotional scars can last a lifetime
- Bullying often goes unreported
- Schools are a prime location for bullying
- By age 24, 60% of identified bullies have a criminal record
- Children who are repeatedly victimized sometimes see suicide as their only escape
- All children are negatively affected when bullying occurs
- Implementing a comprehensive bully prevention program is beneficial for the whole community

This program generously supported by:  
MDS Nordion and City of Ottawa

## Is Your Child Being Bullied?

### Warning Signs:

- Bruises, scrapes, torn clothing
- Headaches, stomach aches
- Fears/doesn't want to go to school
- Change in school performance or increased absences
- Overtired, not sleeping, not eating
- Temper outbursts
- Loses toys or clothing
- Spends a lot of time alone

### What can you do?

- Teach assertive behaviour
- Help your child to not react around bullying and to remain calm
- Avoid teaching aggression
- Teach a set of verbal comebacks
- Model good relationships at home
- Increase social interactions
- Access community-based support (programs offered at WOCRC)
- Monitor TV viewing
- Intervene and empathize
- Get the school and the community involved

## Is Your Child Bullying?

### Warning Signs:

- Uses aggression to deal with conflict
- Complains of being treated unfairly or 'getting even'
- Has things that don't belong to them
- Violent towards family pets
- Has conflicts with parents or siblings that lead to violence

### What can you do?

- Set clearly defined rules
- Reward positive behaviour—catch them being good
- Teach the child that Aggression is Not Okay
- Show them ways to express their feelings appropriately
- Use role plays
- Teach and show empathy
- Teach them how to resolve conflict
- Model good relationships at home
- Follow through and be consistent

\*Available in French and English/  
Disponible en français et en anglais