

## For parents

### What should I do if my child is a victim of bullying?

- Keep your eyes open: be on the alert for signs that suggest a problem (the child is sad, anxious or irritable, the child loses interest in activities he or she used to like, the child's grades are falling, the child "feels sick" and doesn't want to go to school, etc.).
- Engage in dialogue: talk to the child about your concerns about his/her behaviour, ask what is going on and comfort the child without blaming him/her.
- Report the situation to the school office or the police in order to get help.
- Give the child suggestions (stay with friends you trust, avoid going to riskier places, don't take revenge, etc.).

## BULLYING IS A CRIME

The criminal code clearly defines bullying behaviours as unacceptable under the law (s. 423 Cr.C.).

### RESOURCES TO HELP YOU

#### Ministère de l'Éducation, du Loisir et du Sport (MELS)

[www.irightthewrong.com](http://www.irightthewrong.com)

#### Tel-Jeunes

Montréal: 514 288-2266

Outside of Montréal:  
1 800 263-2266

[www.teljeunes.com](http://www.teljeunes.com)

#### Kids Help Phone

1 800 668-6868

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

#### Neighbourhood CLSC

#### SPVM Neighbourhood Stations

[www.spvm.qc.ca](http://www.spvm.qc.ca)



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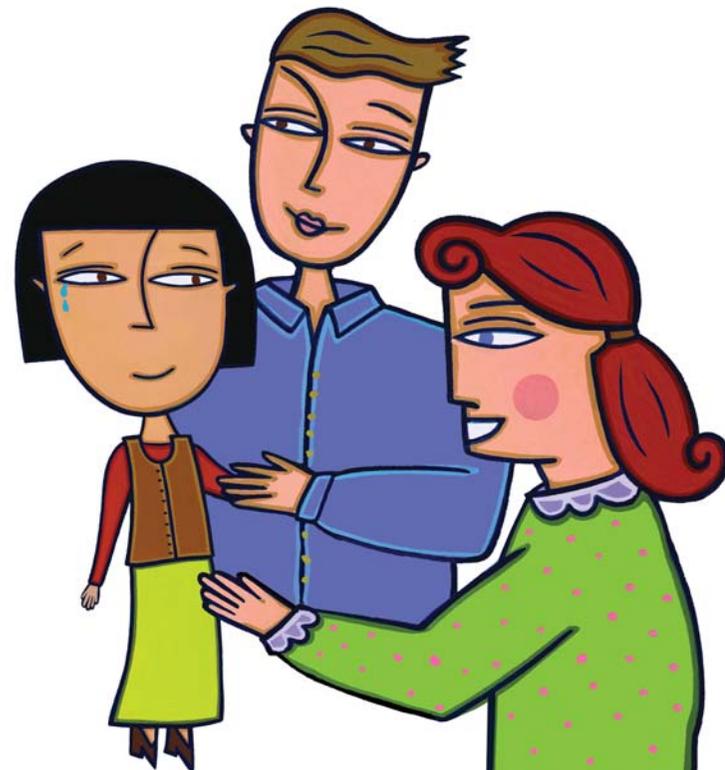
**Sources:** Ordre des psychologues du Québec, Tel-Jeunes Web site, [irightthewrong.com](http://irightthewrong.com) site

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# BULLYING

Let's talk about it. It's a matter of safety.



Montréal 

## WHAT IS BULLYING?

Bullying is when a youth or a group of young people repeatedly harass one or several other young people physically or psychologically. Bullying can also take place in the virtual world (cell phone, text messaging, instant messaging, email, internet, etc.). In this case it is called cyberbullying.

## BULLYING CAN TAKE VARIOUS FORMS

For example, when a youth or a group of young people:

- Says or writes hurtful things to another youth, insults or makes fun of him/her.
- Ignores or purposely rejects that person from the group of friends and from activities or convinces others not to talk to the youth.
- Hits, pushes or threatens that person.
- Damages or hides his/her belongings.
- Tells or writes lies about him/her.



## CONSEQUENCES FOR THE BULLYING VICTIM

- You may feel humiliated and depressed.
- You may be afraid.
- You may avoid going to certain places or you may not want to go to school anymore.
- You may have difficulty focusing on your schoolwork.



## WHEN KIDS BULLY

Usually, it is because they have a need to dominate and to establish their power over others. They want to show others that they consider themselves to be the strongest or the best. They need help too.

## WHAT YOU SHOULD DO IF YOU ARE A VICTIM OF BULLYING

Never put up with bullying. You should tell someone you trust: your parents, your teacher, a police officer. Assert yourself when faced with the person who is bullying you. Have confidence in yourself, make yourself heard, take action.

## WHAT YOU SHOULD DO IF YOU WITNESS BULLYING

Remember that your reactions can encourage or discourage the aggressor, so "be part of the solution" by offering to help the victim. Support the victim and report the situation to an adult.

**TO PUT A STOP TO BULLYING,  
WE NEED TO TALK ABOUT IT!**