

## Bullying

### **Stand up to bullying**

Bullying is mean, cruel, hurtful behaviour. It involves using power in a negative way to hurt others. We all have the power to make a huge difference in stopping and preventing bullying.

### **Bullying is NOT a normal part of growing up**

Until recently, many people thought bullying in schools was normal – something most children and youth would have to experience at some point in their lives, and that made them stronger. Today we know that bullying and harassment have serious consequences for everyone involved. People who have been bullied can experience depression, substance misuse, criminal behaviour and even suicide. People who do bullying can also experience negative long-term effects, including problems with having healthy relationships when they become adults.



### **Bullying is different from friendly teasing**

There is a difference between bullying and friendly teasing. An important factor to consider is the intent of the person – were they intending to hurt the other person? Often there is no intent to harm the other person in a situation where the teasing is friendly. However, some teasing crosses the line, is not friendly and can become bullying behaviour.

### **Bullying is based on a power difference**

Bullying is based on an imbalance of power or strength. Youth who bully have more power than the people they target. People primarily gain power through age, popularity, social status, size, physical strength, having more financial resources, or having more information and expertise on a topic.

### **Bullying is usually repeated over time**

Bullying rarely happens just one time and usually involves the same person being targeted over and over again. This makes it really hard for the person being targeted to escape from the bullying.

### **85% of bullying happens in front of an audience**

Many children and youth are witnesses or bystanders in bullying situations. Some will watch the behaviour and do nothing, and others will encourage the bullying behaviour.

### **Standing up and intervening in bullying situations can make a difference**

When children and youth stand up and intervene—more than half the time—bullying will stop in 10 seconds or less. We all have the power to make a huge difference in stopping and preventing bullying.

**Source:** [Bullying](#), Canadian Red Cross, 2013