

Bullying



You have the right to feel safe!

Where do I go?

See a list of resources
on the back!

Online List of Resources at:
deltapolice.ca/dove



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BULLYING

Everyone has a right to be the following
in their school, home and community:



Are any of these happening to you or your friends:

PHYSICAL HARASSMENT
*Hitting *Pushing *Shoving
*Stealing *Property Damage

SOCIAL & CYBER BULLYING
*Gossiping/Spreading Rumors
*Posting/Sharing private pictures of others
*Convos through social media

VERBAL HARASSMENT
*Threatening *Mocking *Name Calling *Extortion
*Racist/Ageism/Sexists/Homophobic Comments

How do you get help for yourself or others?

Tell a trusted adult (i.e. parents, school counsellor, coach, teacher)

This allows you to find support, and not deal with this issue alone—this person could help you brainstorm solutions and get the help you need.

Online reporting tool (reportbullyingbc.edudata.ca/apps/bullying/report/en)

This is an anonymous and confidential online reporting tool for students that connects with your school to get you support.

Go online or talk to someone over the phone:

Erasebullying.ca / Stopbullying.gov/ Bullyingendshere.ca

These sites will help you gain a better understanding on bullying as well as ways to cope and get further help.

Youthspace.ca

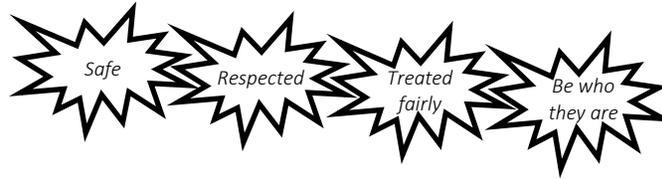
This is an online chat forum that allows you to text or chat with professionals in your area.

[Kids help phone \(1-800-668-6868\) or kidshelpphone.ca](http://Kids help phone (1-800-668-6868) or kidshelpphone.ca)

This is completely confidential and allows you to talk with a professional counsellors that will offer support through the phone or online chat 24 hours, 7 days a week.

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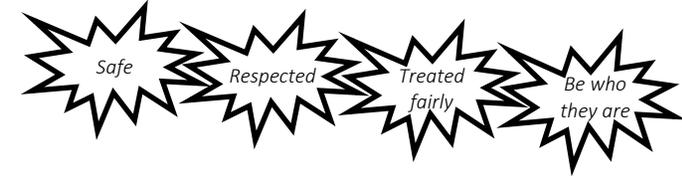
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