

Understanding Bullying

FOR LEADERS



What is bullying?

Kids Help Phone defines bullying as a person or a group of people who repeatedly do something on purpose to make someone else feel hurt, sad or embarrassed.

Bullying can affect many aspects of someone's life, including:

- their feelings
- their relationships with people
- their self-esteem
- their sense of safety

Knowing the type of bullying you are witnessing can assist you in supporting a 4-H member.

Types of bullying:

Physical bullying is when someone uses physical force to harass someone.

Emotional bullying is when someone uses verbal attacks, hurtful comments, teasing, etc. to harass someone.

Cyberbullying is the use of digital channels to harass someone.

Social bullying is when someone or a group of people purposely exclude others, spread rumors or give others the "silent treatment" as a form of harassment.

Discriminatory bullying is when someone or a group of people harass someone else based on the perception that there is something different about them.

Helping someone who is being bullied

To help someone who is experiencing bullying, **focus on their safety first**. This includes physical and emotional safety, as the impacts of bullying can cause both physical injury and psychological distress.

In supporting those who are being bullied, keep in mind the three types of people involved:

1. **The person being bullied**
2. **The person who is bullying**
3. **The bystander** (the person who sees the bullying)

As a 4-H leader, you play an important role with each of these people in supporting them and teaching them about the impact of their behaviour.



If you have a 4-H member who is experiencing bullying, it is important for you to remind them that it is not their fault and that they are not alone! Here are some tips to share with members:

- ✓ **Report it!** Encourage them to speak up if they are being bullied. Help them talk about it and remind them there is strength in numbers.
- ✓ **Get support!** As a trusted adult, you can point them to resources they can access to get more support. Being bullied can take a toll on them and they should not feel alone.
- ✓ **Stay safe!** Young people can take steps to protect themselves, physically and emotionally. They can spend time with others, create a safety plan or turn off social media

Addressing bullies

If you have a 4-H member engaging in bullying behaviour, have them ask themselves what drives that behaviour. Using the 4-H in Canada Code of Conduct, you can set boundaries for 4-H meetings that enforce rules and define appropriate behaviour. If the member has shared that they want to change their behaviour, you can support them to do so:

- ✓ **Help them** set goals.
- ✓ **Encourage them** to find a different outlet for their energy and feelings such as 4-H, sports or art.
- ✓ **Encourage them** to say sorry to those they have hurt, or offer to go with them to say sorry. They can do this in person or write them a note.

Addressing bystanders

If you know a 4-H member is being bullied, you most likely know 4-H members who are bystanders. As a 4-H leader you can teach your members that bystanders play an important role in stopping bullying behaviour.

If it is safe for them to do so, encourage them to step in and tell the person who is bullying to stop. There is a good chance others will step in too.

Preventing bullying

Here are some tips you can share with your 4-H members to help them prevent bullying:

- ✓ **Speak up** about the bullying to friends, classmates or fellow 4-H members.
- ✓ **Speak to the person being bullied.** Let them know that it is not okay and there are things you can do together to make it stop.
- ✓ **Provide an escape.** Ask the person being bullied if they would like to leave with you.
- ✓ **Report it.** Tell a safe and trusted adult, such as a teacher, parent or 4-H Leader. If someone is in immediate danger, call 911.
- ✓ **Provide support.** Ask them if they are okay and if they would like to talk. Also remind them it is not their fault.

For more information on bullying, visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca).

Kids Help Phone 

4-H Canada has partnered with Kids Help Phone to develop this resource

[KidsHelpPhone.ca](https://www.kidshelpphone.ca)



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