

# Understanding Bullying

FOR MEMBERS



## What is bullying?

Kids Help Phone defines bullying as when someone uses their power to hurt, frighten, exclude or insult someone else.

Bullying can affect many aspects of your life, including:

- your feelings
- your relationships
- your self-esteem
- your sense of safety



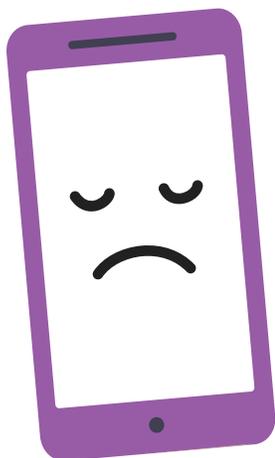
## Bullying can come in many different forms:

**Physical bullying** is the use of physical force.

*Example: pushing a fellow 4-H member into a manure pile at a 4-H show*

**Emotional bullying** is the use of words in a hurtful manner.

*Example: teasing a fellow member for placing last at a judging competition*



**Cyberbullying** is the use of digital channels to harass someone.

*Example: using Instagram to post an embarrassing photo that is meant to be hurtful to a fellow member*

**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.

*Example: not talking to a fellow member because they won overall grand champion at the local fair and you believed someone else should have won.*

**Discriminatory bullying** is harassing someone because they are different from you.

*Example: making fun of someone because they are from an urban area and do not necessarily understand how people live in a rural area.*

# How to handle bullying

There are three types of people involved in a bullying incident:

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

**If you are experiencing bullying**, remember that it is not your fault and you are not alone! There are ways that you can address bullying:

- ✓ **Stay safe!** This is the most important thing you can do. Let people know that you feel unsafe and surround yourself with friends or trusted 4-H members.
- ✓ **Report it!** If you are being bullied, speak up about it. Tell your parents or 4-H leaders about any incidents that have occurred.
- ✓ **Get support!** Being bullied can take a toll on you and who you are. Talk to a friend, fellow member, leader or parent.
- ✓ **Take care of yourself!** Bullying can wear on your self-esteem. Practicing good self-care, such as spending time with animals or with family and friends, or any activity you enjoy doing can help combat the effects of bullying.

**If you are bullying**, ask yourself why you are doing it. Here are some things you can do:

- ✓ **Talk** to a trusted leader or other adult about your feelings.
- ✓ **Find a different outlet** for your energy by putting it into your 4-H project.
- ✓ **Say sorry** to those you have bullied. You can do this in person or write them a note.

A **bystander** is someone who has witnessed bullying. As a bystander, you can play an important role to stop bullying:

- ✓ **Speak up about the bullying** to friends, fellow members or your 4-H leader.
- ✓ **Talk to the person being bullied.** Let them know that they are not alone.
- ✓ **Report it.** Tell a trusted adult, parent or 4-H leader. If someone is in immediate danger, call 911.
- ✓ **Provide support.** Reach out to them and see if they are okay.

For more information, 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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