Bullying & Harassment

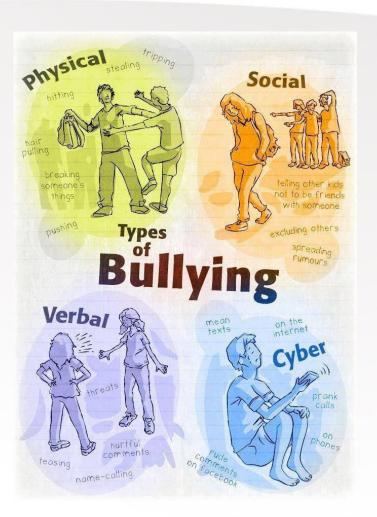
Bullying happens when there is an **imbalance of power**; where someone purposely and **repeatedly says or does hurtful things** to **someone else**. Bullying can occur one on one or in a group(s) of people. There are many different forms of bullying...











Impact of Bullying



- feel sad or anxious and stressed
- not want to participate in activities
- withdraw from their friends or social activities
- feel less sure of themselves, or impact their self-esteem

Over time, those who are bullied or bully others find their own ways of dealing with it. While some victims/bullies may become depressed and begin to withdraw socially, others react aggressively and turn to violence.



What can you do to be preventative - what can you contribute to help stop bullying?



Register for a Special Olympics BC Workshop today to learn more about Bullying – what it looks like- the impacts and the prevention – lets work together to continue to keep sport safe.