

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...



Special Olympics
British Columbia





Types of Bullying

Physical

- hitting
- tripping
- stealing
- hair pulling
- breaking someone's things
- pushing

Social

- telling other kids not to be friends with someone
- excluding others
- spreading rumours

Verbal

- threats
- teasing
- name-calling
- hurtful comments

Cyber

- mean texts
- on the internet
- prank calls
- on phones
- rude comments on Facebook



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.