

Create a world without bullying. Stand Up to bullying! Everyday.

Bullying is defined as a form of repeated, persistent and aggressive behaviour directed at one or more people that is meant to cause fear and distress/harm to another person's body, feelings, self-esteem or reputation. Bullying occurs when there is a real or perceived imbalance of power.

Different forms of bullying can include:

Physical – hitting, shoving, stealing or damaging property

Verbal – name calling, mocking, or making sexist, racist or homophobic comments

Social – excluding others from a group or spreading gossip or rumours about them

Electronic (commonly known as cyberbullying) – spreading rumours and hurtful comments through the use of cellphones, e-mail, text messaging and social networking sites



November 19-25 is Bullying Awareness & Prevention Week

Check out Prevnet for more information: www.prevnet.ca/bullying

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Thunder Bay District
Health Unit