

## ***Create a world with kindness. 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** (or cyberbullying) – spreading rumours and hurtful comments through the use of cellphones, e-mail, text messaging and social networking sites

**November 17-23, 2019 is Bullying Awareness & Prevention Week**

For more information check out: [www.prevnet.ca/bullying](http://www.prevnet.ca/bullying) or [www.edu.gov.on.ca/eng/safeschools/prevention.html](http://www.edu.gov.on.ca/eng/safeschools/prevention.html)



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