

SUPPORTING A PEER WHO IS BEING BULLIED

Let An Adult You Trust Know If:

- *Your peer has experienced a serious threat against them
- *Your peer is threatening a violent retaliation
- * Your peer is self-injuring or is talking about suicide
- * Your peer has experienced a violent act
- * If you are afraid for your peer's safety, emotional or physical
- * If your peer has experienced serious harm, emotionally, socially, or otherwise

DETERMINE IF THIS IS A BULLYING SITUATION

- Has this happened more than once?
 - Do you feel powerless?
 - Are you being hurt with words or actions?

ACKNOWLEDGE THE INCIDENT

- You were right to tell me.
- I'm sorry this happened to you.
- How can I support you?
- Thank you for tellina me

GATHER MORE INFORMATION

- What else happened?
 - Who is doing it?
- Has this person done it before?
- What have you tried already?

CAN YOUR PEER WORK IT OUT THEMSELVES?

- can they safe?
 - Can they leave the situation safely?
 - Can they safely stay away from the person bullying them?

DO WE NEED TO TELL AN ADULT?

- Who is a trusted adult we can talk to?
 - How will we tell them about the situation?

CAN THEY TAKE A STAND

- While staying calm
- While keeping a strong posture
- While using an assertive voice

CAN THEY BUILD CONNECTIONS

- With friends, peers or adults?

The Ottawa

BULLYING

Prevention Coalition