

TOGETHER, LET'S END BULLYING IN SCHOOLS

Here's how we can talk about it

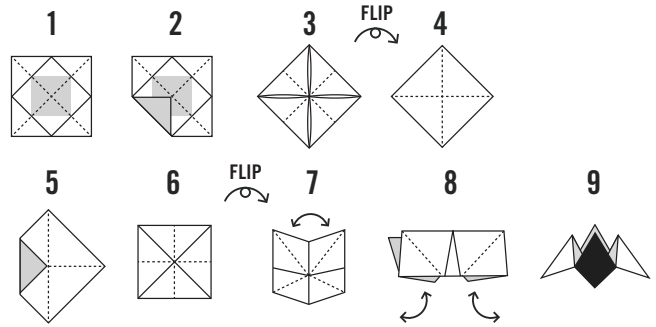
This chatterbox game has been designed for educational purposes so you can initiate a dialogue about the effects of intimidation with your children, or the children in your life. Most of all, so we can all work together to raise awareness and put an end to it.

Instructions

1. Choose a number.
2. Open and close the pod as many times as the number indicates.
3. Choose a number that is written inside.
4. Open and close the pod as many times as the number indicates.
5. Open the flap, read the question and start a dialogue by using the FAQ.

For more information on bullying and how we can put an end to it, visit our resource hub at www.brp.com/abd or scan the QR Code.

Folding instructions



2 What does bullying mean to you?

2 How do you think it feels to be bullied?

9 **RIDE OUT INTIMIDATION**
A BRP PROGRAM

8 How can you reduce bullying in schools?

3 If you were bullied at school, what would you do?

3 **TOGETHER, LET'S END BULLYING IN SCHOOLS**
MAY 4 | ANTI-BULLYING DAY

7 Why do some kids bully others?

4 If one of your friends were bullied at school, what would you do?

6 Why do some kids get bullied and not others?

5 If one of your friends was bullying another youth, how could you stop them?

3 **RIDE OUT INTIMIDATION**
A BRP PROGRAM

ANSWERS TO THE QUESTIONS

**RIDE OUT
INTIMIDATION™**

A BRP PROGRAM



MAY 4th
ANTI-BULLYING DAY

1 WHAT DOES BULLYING MEAN TO YOU?

- › Bullying is a behaviour that involves repeated and intentional harassment and attacks on others. It can take on forms such as: verbal, physical, social, sexual and racial, and most of all cyber-bullying. It's about an imbalance of power that can result in a pattern of negative behaviour.

2 HOW DO YOU THINK IT FEELS TO BE BULLIED?

- › Do you know anyone that has been bullied? Have you been bullied? Tell us about how it made you feel? Were you able to do anything about it? Did you have anyone to talk to about it?

3 IF YOU WERE BULLIED AT SCHOOL, WHAT WOULD YOU DO?

- › There are many options. The first is to communicate. Talk to your parents. Talk to your teachers and educational staff. The sooner it's understood that bullying is a serious problem, the better chance schools and communities have at changing this unacceptable behaviour.

4 IF ONE OF YOUR FRIENDS WERE BULLIED AT SCHOOL, WHAT WOULD YOU DO?

- › Bullies generally have groups of followers that support their behaviour through silence or acceptance. It makes them feel powerful. There is also the silent majority, who do nothing, which encourages bullying. If you see a friend experience this, the first thing to do is speak up to the right people who can take the steps to stop this behaviour.

5 IF ONE OF YOUR FRIENDS WAS BULLYING ANOTHER YOUTH, HOW COULD YOU STOP THEM?

- › Bullies rely on the support of friends and followers. So the first thing to do is not tolerate this behaviour. Sometimes all it takes is for a peer to voice their concern. In fact, bullying often stops within 10 seconds when a peer intervenes. But if this is not the case, talk to your parents, teachers, and educational staff. They have the know-how and the resources to help shift this kind of behaviour.

6 WHY DO SOME KIDS GET BULLIED AND NOT OTHERS?

- › The three groups that are often the targets of bullying are: passive individuals, those who tend to be shy and don't want to attract any attention; provocative individuals, those who may have undeveloped social skills; and people with differences, children with disabilities or chronic diseases, or because of sexual or gender identity/orientation, culture, religion or race.

7 WHY DO SOME KIDS BULLY OTHERS?

- › Because they want to be in charge. They value the rewards their behaviour gets. And they quickly learn that no one can stop them from getting what they want when they want. They often justify their behaviour and over time develop a lack of empathy and have difficulty feeling any kind of compassion towards their targets.

8 HOW CAN YOU REDUCE BULLYING IN SCHOOLS?

- › Bullying affects us all. And ending bullying is a collective effort. Students need to learn non-reactive strategies. Staff need to learn a no-nonsense approach to bullying. Administrators need to create a clear code of conduct. And parents must work closely with schools to enforce a bully-free environment.