



# BULLYING AND CYBER BULLYING

FOUR WEEKS OF EASY ACTIVITIES FOR ELEMENTARY TEACHERS TO PRACTICE MENTAL HEALTH SKILLS WITHIN THEIR CLASSROOMS.

## INTRODUCTION

According to Ontario's provincial legislation, bullying is defined as, "Repeated aggressive behaviour by a student where the behaviour is intended to have the effect of, or the student ought to know that the behaviour would be likely to have the effect of, causing harm, fear, or distress to another individual." Bullying can appear as physical, social, psychological, and academic harm, as well as harm to an individual's property or reputation. Often, bullying will happen where there are perceived or real power imbalances based on things such as gender identity, sexuality, race, ethnicity, religion, physical size, disability, and sexual orientation, among other factors. Ontario's legislation has defined cyberbullying as occurring "when a student engages in bullying behaviour electronically and includes activities such as: creating a web page or blog while pretending to be someone else, impersonating another person as the author of posted content or messages; or communicating material or messages to more than one person, or posting on an electronic platform that can be accessed by one or more persons."

Bullying directly impacts the mental health and wellbeing of victims in the long and short term. Research suggests that youth who are bullied over time are more likely to experience mental illnesses like depression and anxiety as well as physical symptoms such as headaches and stomach aches. They are more likely to suffer from low self-esteem and want to avoid school. The mental health implications of bullying can last a lifetime. Those who engage in bullying on the other hand have been shown to experience more anti-social behaviours, substance use concerns, aggressive tendencies, and difficulties at school and throughout life.

Every school board and school should have their own policies and procedures related to bullying at school. Fostering a safe and inclusive environment at school is a priority universally. Students who have quality friendships, caring adults, and supportive environments in their developmental years are less likely to engage in or be victims of bullying. They also engage better at school. There are many different activities and interventions that can be done within the school community to help promote positive, safe, and inclusive environments that are welcoming for all. At times, Public Health Nurses and other community partners can support this.



## Weekly Announcements (Mental Health Monday)

### Week One Announcement:

This November our school is going to focus on bullying prevention and friendships! We have some fun activities planned that the whole school can do, and we challenge everyone to join in! It is important we all know what bullying is, how to prevent it, and what we can do if we see it. Bullying can happen to anyone at any age and anywhere, including online. It can make people feel hurt, uncomfortable, and not want to come to school. Stay tuned to hear more and don't forget to share what you are doing to promote bullying prevention in your class!

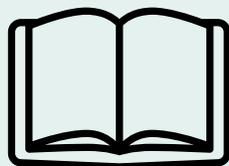
### Activities:

#### Introduction to Bullying and Cyber Bullying

- Test your knowledge about bullying with this quiz. See if you know more by the end of the month:  
[https://www.prevnet.ca/sites/prevnet.ca/files/standup\\_2016\\_bullying\\_quiz.pdf](https://www.prevnet.ca/sites/prevnet.ca/files/standup_2016_bullying_quiz.pdf) (Junior-Intermediate)
- Test your knowledge about cyberbullying! What did you learn that is new?  
[https://www.prevnet.ca/sites/prevnet.ca/files/standup\\_2016\\_activity\\_wordjumble.pdf](https://www.prevnet.ca/sites/prevnet.ca/files/standup_2016_activity_wordjumble.pdf) (Junior-Intermediate)
- Find resources for parents, students and educators regarding digital and media literacy at: <https://mediasmarts.ca/> (Junior-Intermediate)
- Conflict vs. Bullying for educators and parents  
<https://www.pacer.org/bullying/info/questions-answered/conflict-vs-bullying.asp>

### Book Recommendation

"Enemy Pie," by Derek Munson and Tara Calahan  
[YouTube Version](#)



## Week Two Announcement:

Bullying can appear in many forms. It is important we say something when we see it. Sometimes bullying can be something that is said or something someone does. Some examples of bullying are: hitting, shoving, spreading rumours, teasing or leaving someone out on purpose. It can also happen online or on our phones. No matter where it happens, it is never ok. It is best to tell an adult if you hear or see something that makes you or others feel uncomfortable.

## Activities:

### Don't be a Bystander

- Learn what it means to step in when you see bullying. Complete this bystander word search:

[https://www.prevnet.ca/sites/prevnet.ca/files/word\\_search.pdf](https://www.prevnet.ca/sites/prevnet.ca/files/word_search.pdf) (Junior-Intermediate)

\*TIP! ALTHOUGH THE BOOKS RECOMMENDED MAY NOT BE AGE APPROPRIATE FOR ALL STUDENTS, TRY TO SCALE THE READING ACTIVITY UP BY GETTING OLDER STUDENTS TO READ TO YOUNGER STUDENTS, OR FACILITATE A BOOK REPORT ON THE MESSAGING WITHIN ONE!\*

## Book Recommendation

"The Bully Blockers Club," by Teresa Bateman

[Youtube Version](#)

## Week Three Announcement:

Learning about conflict management is important to all successful relationships with people we have at home, school, and in our communities. Try this activity to learn more strategies you may not know about already!

## Activities:

### Healthy Relationships

- [Finding Solutions](#) [Primary-Intermediate]
- How would you stop a bully? Practice in this [comic strip activity](#) or act it out! Practicing things before we do them makes things easier when we are faced with a problem in real time. Remember your conflict management skills! [Junior-Intermediate]



### Book Recommendation

"The Invisible Boy," by Trudy Ludwig  
([Youtube Version](#))

## Week Four Announcement:

A positive school environment makes everyone happier and healthier. When we feel connected, we have fun, feel we belong, and want to be at school. We even get better grades! This can start with being kind to others, including others in what we do, and valuing differences between people. To do this we need to listen to others and be empathetic to what they say. Learn more about how to listen and be a good friend through these activities!

## Activities:

### Connectedness and Positive School Environments

- <https://smho-smso.ca/emhc/healthy-relationship-skills/being-a-good-friend/high-five-to-friendship/> [Primary]
- <https://smho-smso.ca/emhc/healthy-relationship-skills/listening/listen-hear/> [Primary-Intermediate]



### For Educators Who Use Social Media

- Acknowledge the acts of kindness and success stories of students during the month in a newsletter or school assembly
- Tweet photos of your school community participating in activities
- Tweet at other classes or schools to challenge them to take part
- Tag SWPH School Team on Twitter @SW\_PublicHealth, and/or MLHU @MLHealthUnit, so we can share what you are doing
- Submit your hard work to your school nurse for a feature in a health unit newsletter or communication!
- Create certificates for students to earn for their participation

## Resources

- <https://www.ontario.ca/page/bullying-we-can-all-help-stop-it>
- <https://www.prevnet.ca/>
- <https://www.bullyingcanada.ca/get-help/>

