

It's Time to *#CutTheBull*





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Bullying Fact



Those with
physical disabilities
are **TWICE** as
likely to be
bullied

Outline



- Jeffrey's story
- Defining bullying
- What to do if your child is:
 - Being bullied
 - A bully
 - A witness
- Parent's Role
- Resources

Adult intervention stops bullying – it is our responsibility

Jeffrey Beausoleil

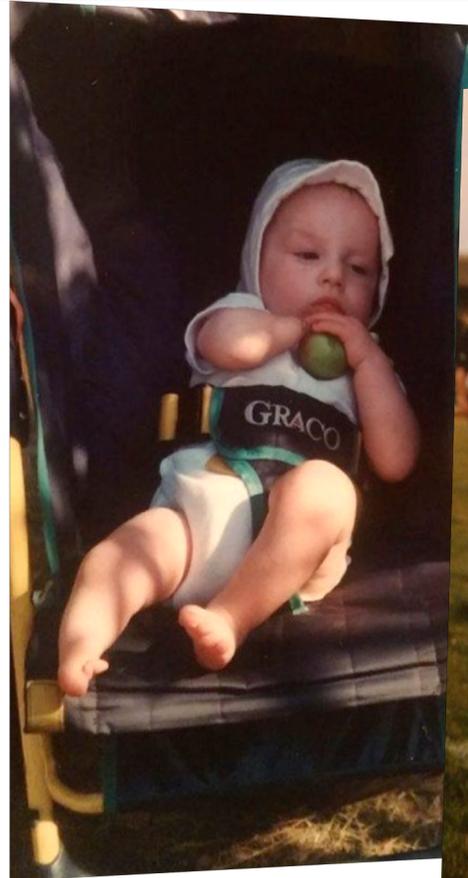


- 19 years old
- Born **without right foot or right hand**: surprise 😊

Growing Up



- Adapted well
- Learned to walk
- Evolved like other kids
- Never gave up!
- Raised without pity



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- **Pediatric orthopaedic & neuromuscular** hospital
- My surgeries
- **My follow-ups**
- The hospital taught me to do **everyday things**



My Hobbies



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NETFLIX



Bullying in Elementary School



Started in **GRADE 1**

Kids said **mean** things

- Examples
- How it made me **feel**
- Friends
- Teachers didn't help



Bullying in High School



Bullying got **worse...**

Kids continued to say **MEAN** things



- Then it got **PHYSICAL**
- What happened
 - Who helped me at the scene
 - What police did

Bullying in High School



I turned **INWARDS**

I didn't want to go to school

I asked for help from friends, parents,
school principal, school psychologist

They all helped me

Bullying in High School



Bullies were suspended, etc.

But bullying continued...

I thought I was the **problem**

I realized **THEY** were the problem

I Realized...



I should not change for them

THEY SHOULD LEARN TO ACCEPT ME

If I can overcome bullying, I can overcome anything

My Message to Your Kids



- Bullying **hurts**
- *Not a good way* to solve problems
- Don't be scared to **talk** and **ask for help**
- **YOU CAN OVERCOME IT**
- **Stand up against bullying**

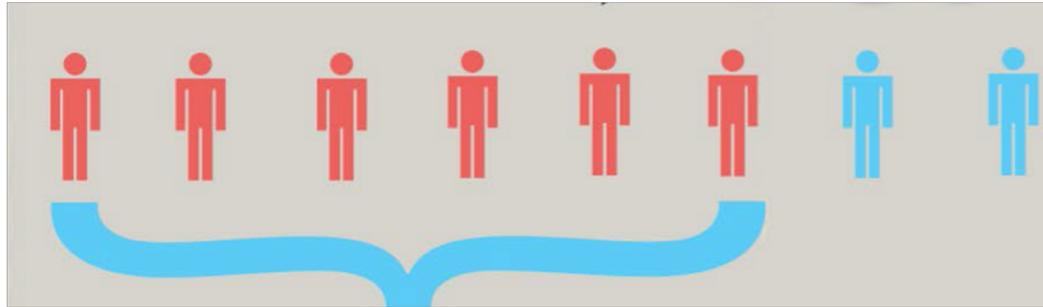
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#CutTheBull

#LIntimidationCNon

Bullying Facts



75% of people say they've been **AFFECTED BY BULLYING**

Over **1 million** Canadian students are *bullied at least once, each week*

Is It Bullying?



When someone says or does something
intentionally hurtful

and **they keep doing it** –
even when you tell them to stop or show them that
you're upset, that's

BULLYING

Bullying & Power



- Using **power aggressively** to dominate
- *Hard* for kids being bullied to remove themselves from the relationship
- Attempts to make bullying stop on their own are usually **UNSUCCESSFUL**
- **ADULT INTERVENTION** is required

Risks



CHILDREN WHO ARE BULLIED

- Feeling increasingly powerless
- Social anxiety, loneliness, feeling hopeless
- Headaches, stomach aches
- Low self-esteem
- Higher risk of depression, more likely to contemplate suicide

Types of Bullying



PHYSICAL

Hitting, kicking, tripping, pinching, pushing, damaging property

VERBAL

Name calling, insults, homophobic/racist remarks, verbal abuse, making faces

SOCIAL

Spreading rumours, jokes to humiliate, mimicking unkindly, social exclusion, ignoring, damaging someone's social reputation, tattling to get a child in trouble

CYBER

Social media, online gaming, all digital technologies, phone

Teasing vs. Bullying



Teasing = OK when:

- Within a strong relationship
- All parties see teasing as affectionate
- Teaser uses true “joking” (not aggressive) tone
- The person being teased does not look distressed

Teasing = bullying when:

- Teasing turns hostile
- There’s a power imbalance
- The teasing is repeated
- The teaser wants to upset/hurt the child being teased
- The child being teased is upset/ hurt



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If Your Child is Being Bullied



It's not tattling!

Stop & Listen.

STAND UP.

Follow-up.

Advise staying safe.

If physically threatened or harassed, **call 911.**



If Your Child is Being Bullied



FOGGING EXAMPLES

Bully: You have a great big nose

Target: True, it is large

Bully: It looks like a beak

Target: True, it does stand out

Help Instill Confidence



- Some kids need a lot of *encouragement*
- **CELEBRATE** their skills
- Talk to their teachers about their **ABILITIES**
- Enroll them in **activities**
- *Encourage new friendships*

If Your Child Is Bullying



- They can change! You need to help
- Acknowledge bullying is never okay. Have them learn from the experience
- Teach rather than punish

If Your Child Is Bullying



- Understand the reasons
 - Bullying **to fit in?**
 - Genetically **predisposed?**
 - Models aggressive behavior from PEERS? From *home?*
 - *Stressed? Angry? Having problems in school?*

If Your Child Is Bullying



- Praise inclusive behaviour
- Seek friends who are positive
- Suggest making amends
- Teach empathy



How to Teach Empathy



- Help them identify & label feelings
- Watch movies & discuss victims' feelings
- Talk about your child's strengths & how they can use power to help
- Avoid using your power aggressively



If They Witness Bullying



Doing nothing
makes it **worse**

Watching encourages
the bullies

In 85-88% of bullying incidents in schoolyard, peers watched the bullying happen (Prevnnet)

If They Witness Bullying



Speak up

Offer an escape

Report it

**Reach out to the
person being bullied**

If Their Friends are Bullying



Walk away

Tell them to stop

Tell them to take a stand

Find new activities

Find new friends



Cyberbullying...



It's so easy!

IT'S EFFECTIVE

Bullying online lasts forever!



Cyberbullying

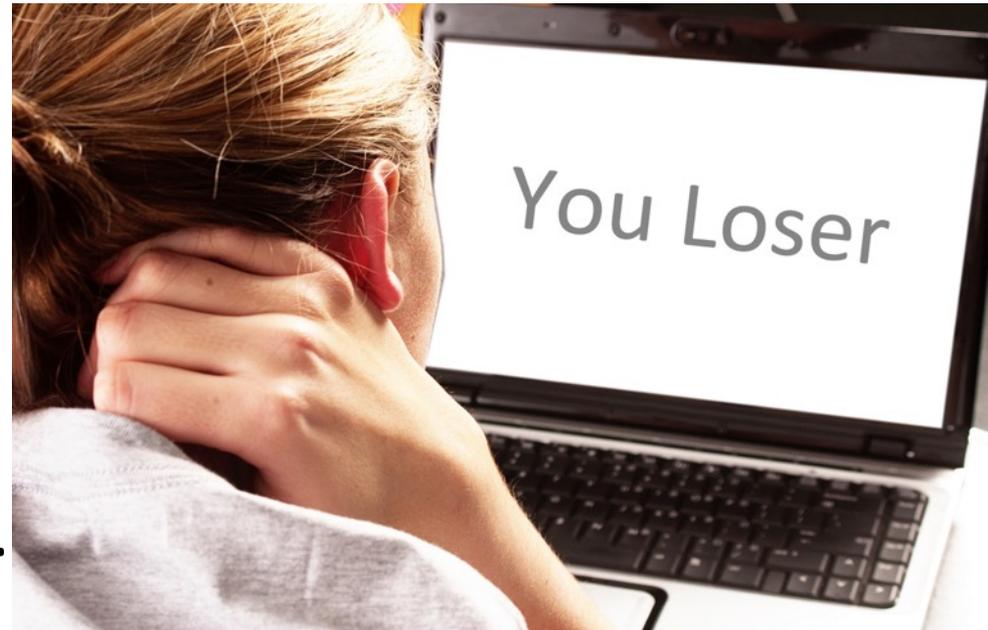


Stop. Don't be mean back/forward or "like" mean messages.

Save. Take a screen shot/picture.

Tell. Tell someone you trust.

Block. Ask someone if you don't know how.



Do Your Part: A Parent's Role



- Create positive **environments**
- Encourage healthy **relationships**
- Help develop **social skills** re: peer conflicts
- *Minimize* opportunities for negative peer interactions

Do Your Part: Stop Bullying



GET INSPIRED:

Go to **CutTheBull.org**

GET INFORMED:

- Resources
- Information

Do Your Part: Stop Bullying



GET INVOLVED:

- **Ideas** on how
- Take a **selfie & post it** with **#CutTheBull**
- **Talk about #CutTheBull**

When you witness bullying or harassment:

SPEAK OUT
in a respectful tone.

HELP bystanders recognize
the harmful act by naming it.

REASSURE those
involved that you will follow-up.

INVITE individuals to talk
with you or a trusted adult.

NOTIFY the administration
or family as appropriate.

ENCOURAGE
family collaboration.

REVISIT those involved
& monitor the situation.

SUPPORT those in need
with services & resources.



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Questions?



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Signs of Being Bullied



- Afraid to go to school/other activities
- Appears anxious/fearful
- Low self-esteem, negative comments
- Low interest in activities/low performance at school
- Loses things, needs \$, hungry after school
- “Sick”
- Injuries, bruising, damaged items
- Unhappy, irritable
- Trouble sleeping, nightmares
- Threatens to hurt themselves/ others
- Appears isolated from peer group



Signs of Bullying Others



- Aggressive with parents, siblings, pets, friends
- Low concern for others' feelings
- Bossy & manipulative behaviour
- Unexplained objects or money
- Secretive about possessions/activities
- Holds positive view of aggression
- Easily frustrated/ quick to anger
- Does not recognize impact of his/her behaviour

