

Pembroke Diocesan Council of the Catholic Women's League of Canada
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Bullying is the use of force, coercion, hurtful teasing or threat to abuse, aggressively dominate, or intimidate. It can be done individually or as a group (called mobbing). It can include physical assault, verbal harassment or threat.

Kids with disabilities are easy targets.

Bullying makes the person feel afraid and uncomfortable. Some ways that bullying occurs are:

- punching, shoving, or other means of hurting people
- spreading bad rumours
- keeping certain people out of a group
- teasing in a mean way
- getting people to gang up on someone
- posting hurtful messages online (cyber bullying)

Approximately half of Canadian parents have reported that they have a child who is a victim of bullying.

Being bullied increases the risk of depression, low self-esteem and suicidal thoughts. Unchecked, young bullies may, as adults, engage in workplace harassment, abuse, and other forms of criminal behavior.

Bullying Canada is a national organization that resolves bullying situations. It provides a safe environment and supportive resources for Canadian youth affected by bullying. It empowers them with the guidance and support they need to get them through difficult situations.

Bullying Canada: at www.bullyingcanada.ca is an organization dedicated to supporting bullied youth both virtually and in person. The Bullied Youth Support Network provides a safe space for youth to reach out by phone, texting or email for expert help in bullying intervention and how to learn to deal with bullies.

They also provide counselling, and deliver workshops at schools, community centres and sports clubs on recognizing and handling bullying.