

CKNW CHILDREN'S CHARITIES  
**PINK SHIRT DAY**

PRESENTED BY 

If you have been targeted by bullying...  
**YOU DESERVE RESPECT.  
YOU DO NOT DESERVE TO BE BULLIED.**



**Take a stand.** If you are being targeted keep your cool and walk away. Using insults or fighting back might make the problem worse.



Don't join in the bullying by putting yourself down. **Stay focused on things that make you feel confident and proud of yourself.**



**Get support.** Hang out with friends that will support you, and work together to speak out against bullying and harassment.



**Think about the qualities you want in a friend** and try to have those qualities yourself. Know that people who treat you poorly, exclude you or spread rumours about you are not good friends.



**Don't cast yourself as a "victim" for life.** This person or people have singled you out in this situation but that doesn't mean it will always be that way.



**Cope with strong feelings of sadness or anger in a healthy way** through sports, music, reading, journaling, or talking it out.

## FACTS

- 1.** Bullying is not a normal part of growing up.
- 2.** You have a right to be treated with respect and feel safe.
- 3.** Being bullied is **NOT YOUR FAULT.** No one deserves to be bullied.

## YOU ARE NOT ALONE, ASK 4 HELP

**Talk about it** with someone you trust and try to find a healthy way to change what is happening or how you react to it.

**Call a help line** – reaching out to a counsellor in an anonymous way can help make talking about it easier.

**KidsHelpPhone** t. 1-800-668-6868  
e. [kidshelpphone.ca](http://kidshelpphone.ca)



Information provided by  
[redcross.ca/respecteducation](http://redcross.ca/respecteducation)  
Preventing Bullying