

## WHAT IS BULLYING?

Bullying is repeated aggressive behaviour (s) that involves a power imbalance. **Harm inflicted by bullying may be physical, psychological, social or educational.**

## BULLYING, HARASSMENT AND ABUSE ARE WRONG.

If you are being bullied, harassed or abused, know someone who is, or you're not sure, talk to someone you trust.

### IT CAN HAPPEN ANYWHERE...

arenas	practice
dressing rooms	buses
homes	walking home
cars	parking lots
parties	on the street
on the phone	online
social media	e-mail
instant message	

## WHAT IS ABUSE?

When another person who is often more powerful uses his or her power to harm you and you require protection - this is abuse. More examples are: **emotionally or physically hurting you, threatening to hurt you, or forcing or pressuring you to perform a sexual act.**

## SPEAK OUT!

It is not unusual to feel angry, confused, depressed, ashamed or afraid. **Keeping silent won't make the problem go away.** Talk to someone you trust. Keep talking until someone listens to you.

## WHAT IS HARASSMENT?

Harassment occurs when someone discriminates against you because of part(s) of who you are. This can include unwanted comments or physical contact, threats or intimidation. Examples of harassment include discrimination because of **your race, gender or sexual orientation.**



## HELPING A FRIEND

If a friend is being bullied, harassed or abused, you can help by: **listening, believing, supporting, getting them to talk to someone they trust, or telling someone you trust.**





**YOU** have the right to be **SAFE**.

**Talk to someone you trust:**

- |            |                |
|------------|----------------|
| Mom        | Neighbour      |
| Dad        | Teacher        |
| Coach      | Principal      |
| Uncle      | Doctor         |
| Aunt       | Nurse          |
| Friend     | Grandma        |
| Counsellor | Grandpa        |
| Brother    | Police Officer |
| Sister     | Social Worker  |

# SPEAK OUT!®



Prepared and issued  
by Hockey Canada



Kids Help Phone

KidsHelpPhone.ca



HockeyCanada.ca



RedCross.ca

Play safe, show respect, have fun.

**FAIR PLAY** means everyone is **SAFE**, respecting each other, and **HAVING FUN**.

# SPEAK OUT!®



Talk to someone you **TRUST** when you are being **bullied, harassed or abused**. **HELP** a friend by **LISTENING** and **BELIEVING**.

**KidsHelpPhone.ca**  
**1 800 668 6868**

**Kids Help Phone**

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