

WHAT CAN YOU DO TO HELP?

- Lead by example...ensure that you are modelling respect and empathy, and use positive conflict resolution strategies
- Provide a safe and private place for the child to go to express their concerns
- Establish a code of conduct with the children and outline what is acceptable and unacceptable behaviour in your skateboarding class; ask for advice from your supervisor
- Create consequences for bullying that teaches positive behaviour (i.e., helping others in the skateboarding class)
- Make a plan with the child who is being bullied to ensure they feel safe – establish a buddy system
- Check in with the child being bullied to find out whether the bullying is continuing and if they feel safe
- Structure your skateboarding class so the child being bullied is surrounded by supportive peers
- Encourage all children to report bullying
- Encourage children who are bullied to participate in activities that build on their strengths
- Be watchful of aggressive behaviour and address it
- Contact your supervisor if a child has been physically assaulted, threatened with physical injury, discriminated against based on race, religion, sex, ethnic background or disability

WHO TO CONTACT FOR HELP*

KIDS HELP PHONE

This confidential counselling service is available 24/7



Text CONNECT to 686868



www.kidshelpphone.ca



1-800-668-6868

FOR FURTHER INFORMATION*

ONTARIO: Bullying - we can all help stop it

Education and training

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

PREVNet

Canada's authority on bullying prevention - Research and Resources

<https://www.prevnet.ca>

*These resources are Canadian. If outside of Canada - please consult with individuals in your own Country and/or City for similar hotlines, websites and resources.

Many people think that bullying is “kids just being kids.” The International Skateboard Certification Program is taking a different approach. We know that a child’s ability to learn is best facilitated by an emotionally and physically safe learning environment and we uphold this in our Instructor Training and Development Program and training materials.

ISCP (International Skateboard Certification Program)/
SKATZ® (Stance, Kicks, Axles, Transfers and Zen)

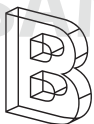
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www.iscpkatz.com | www.goskatz.com



Bullying
What you
need to know





WHAT IS BULLYING?

Bullying is a repeated aggressive behaviour that is directed at another individual. It is persistent and meant to cause fear, distress, harm, hurt feelings, lower self-esteem, and/or ruin the person they are bullying's reputation. People who bully do so to have power over another person whether it is real or preceptive. This is an intended purpose to cause harm.

WHAT DOES BULLYING LOOK LIKE?

Bullying can take on many different forms, here are some examples of what it can look like:

Physical

(i.e., using your body to hurt others)

- Pushing, shoving, hitting, spitting, stealing, using an object to injure others

Verbal

(i.e., using your words to hurt others)

- Teasing, threatening, name-calling, making negative references to ones race, sexual orientation, religion, culture, gender, ethnicity

Social

(i.e., using friends to hurt others)

- Spreading rumours or lies, excluding others from a group, turning children against each other, humiliating them in public with the intent to put them down

Cyber

(i.e., using electronic devices to hurt others)

- Sending hurtful, threatening, harassing, and/or embarrassing comments, spreading rumours and lies through text messages, email, social media

WHAT IS NOT BULLYING?

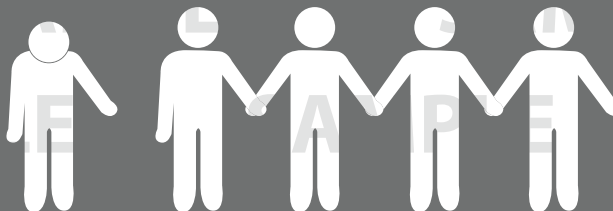
Bullying can be confused with conflict. A conflict occurs when two people are have a disagreements or a difference of option/view. During a conflict both people feel comfortable expressing their opinion.



"In skateboarding very rarely do you see bullying and in fact you see the opposite. However, skateboarding occurs in many sports facilities where there are other sports so it's good for children to be aware and understand how to help prevent bullying."

- Jay Mandarino President & Founder of the ISCP & SKATZ & CJ's SKATEPARK & SBC Skateboard Magazine"

1 in 5 students have reported being bullied at school.



* According to a 2017 study from the Centre for Addiction and Mental Health (CAMH). Please note these statistics are based in North America and of course can vary from City to City and Country to Country.

EFFECTS OF BULLYING

Bullying is a serious issue that can cause long term consequences for children, their families and those around them. Children who are a victim of bullying are at risk of emotional, behavioural and relationship problems.

Children who are bullied can experience or develop:

- Social anxiety
- Low-self esteem
- Loneliness
- Physical illnesses
- Phobias
- Aggressive behaviour
- Depression

WHAT CAN CHILDREN WHO ARE BULLIED DO?

There are a number of actions they can do to help keep them safe and stop the bullying.

- Walk away and tell someone you trust - an adult, skateboarding instructor, parent
- Get funny - humour shows you are not scared
- Pretend that you are not upset with how you are being treated
- Stay calm - fighting back can make it worse
- Stay close to other children you trust, they can stick up for you
- Remind yourself that you are a good person and do not deserve to be treated poorly

WHAT CAN BYSTANDERS DO?

Bystanders can help by not ignoring what is happening, instead try one of these options:

- Walk away and get help! Tell someone you trust - an adult, skateboarding instructor, parent
- Stand up for the children who is being bullied, they may not be able to speak up
- Befriend the victim - invite them to play somewhere else

WHAT CAN ADULTS DO TO HELP CHILDREN STOP BULLYING?

Bullying is a problem that children can not resolve on their own. An adult can help in many ways:

- Listen and respond to all complaints from children and other adults about bullying
- Be aware of how the children interact in groups. Rearrange groups who have negative interactions with each other
- Educate children about bullying