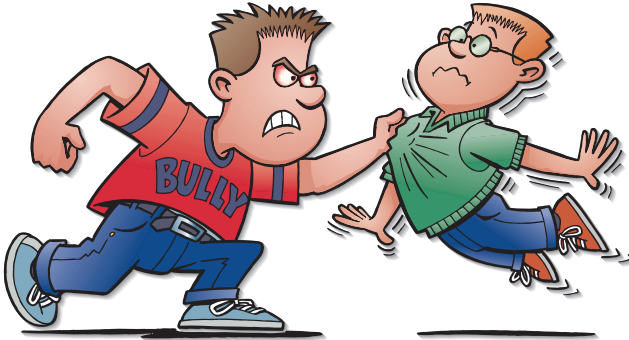
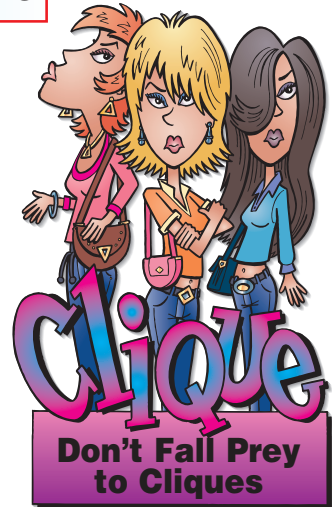


# Take action against BULLYING



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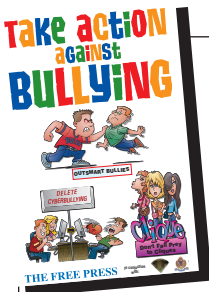
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# WHAT IS BULLYING?

**B**ullying is a conscious, willful, deliberate, hostile and repeated behaviour by one or more people, which is intended to harm others. Bullying takes many forms, and can include many different behaviours, such as:

- physical violence and attacks
- verbal taunts, name-calling and put-downs
- threats and intimidation
- extortion or stealing of money and possessions
- exclusion from the peer group



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# FORMS OF BULLYING

## **A Physical Bully**

Pushing, shoving, hitting, assaults, damaging property, fighting, chasing a person, and defacing property.

*Perhaps you are larger in size than your classmates and use your size to get your own way by threatening physical injury.*

## **A Verbal Bully**

Name calling, teasing, starting/ spreading rumours, telling untruthful stories, threatening, lying, demeaning or embarrassing someone and may also include name calling because of their gender, sexual orientation, socio-economic status, race, ability or religion.

*Do you humiliate others by calling them names, trying to make them feel unworthy?*



## **An Incidental Bully**

Spreading rumours, ignoring or excluding, getting others to not be friends with someone.

*Do you start or repeat rumours about others? You don't bully as a habit, yet there are times when you do bully to get your own way. Sometimes you may not even be aware you are bullying.*

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# are you a **BULLY?**

## Here's a quick test to see if you are...

1. **Do you feel better if you hurt others or take their belongings?** Yes\_\_\_ No\_\_\_
2. **Do you sometimes use your size to get your way?**  
Yes\_\_\_ No\_\_\_
3. **Have you been bullied in the past by someone and now bully others to make them feel as bad as you do?**  
Yes\_\_\_ No\_\_\_
4. **Do you avoid thinking of how others may feel if you hurt them emotionally or physically?**  
Yes\_\_\_ No\_\_\_
5. **Do you think being a bully will make you popular?**  
Yes\_\_\_ No\_\_\_

**If you answered YES to any of these questions you may be a Bully!**

Students who are identified as bullies are 60 per cent more likely to have a criminal record by the age of 24 than any other group.

**Is that the life you want for yourself?**

It's never too late to change! Change your attitude and change your life.

**No child is destined to become a Bully!**

**BULLIES  
ARE MADE.  
They can  
be un-made  
too!**

# RECOVERY FOR BULLIES

Bullies are a lot like other addicts. Only they become addicted to a certain way of thinking, (*It's your fault!*), addicted to control, (*"Do it my way or you'll be sorry!"*), and addicted to the "rush" of anger.

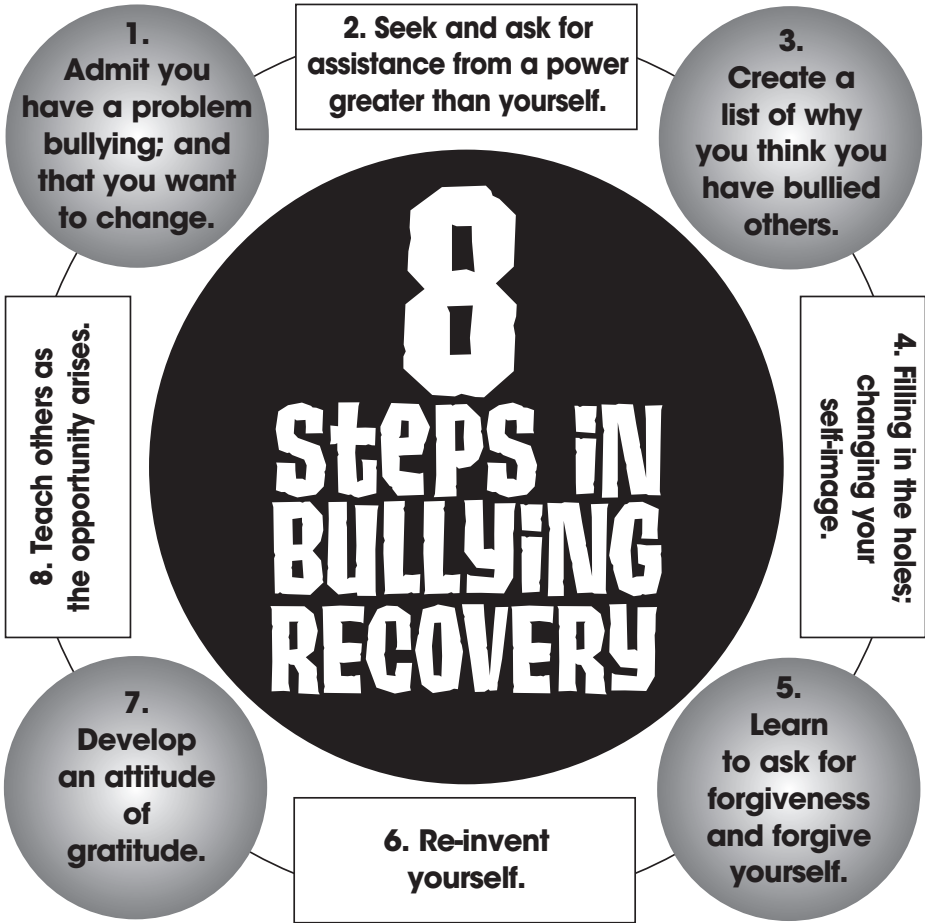
It is not easy to change as anyone who has tried and failed at dieting or keeping on an exercise program knows. It is hard to change a familiar way of thinking and behaving, even when it is in our best interest.



As a bully you will know you are ready to enter **"recovery"** when:

- Living your life has become more painful than the pain and fear of change
- When your goals have changed and your goals seem unattainable because of the way you live your life
- When you begin to realize that there may be a better way to live

**If you are ready to change in order to meet new objectives and have a more fulfilling life, WELCOME!**



**You are always an example for others to follow.  
Be the kind of example of which you can feel proud.**

*Be a buddy,  
not a  
Bully!*



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## Working to stop bullying at St. Theresa's high school in Midland

By Sharon Weatherall

Bullying is a problem whenever there is a group of people.

St. Theresa high school in Midland battles bullies with in your face awareness, kindness and caring.

Kyle Gloger is an active member of the Youth Educating Against Harassment (YEAH) team - an incentive started by Grade 10 students to create a positive climate in the school which has a population of 1100.

"The purpose of the team is to stop bullying and to educate people on the effects of bullying, while making a positive difference at the school," said Gloger who has been a victim and knows how it feels.

"Kids that are being bullied feel isolated and very emotional. You get angry because you don't know what to do. It still happens today but now I know how to deal with it. I joined the YEAH team two years ago. I have found the program to be helpful for me - there are about 12 - 15 of us in the group."

YEAH interacts with the school population and makes itself known through hosting activities that draw attention to the problem. Most recently YEAH members greeted students getting off the buses at school with Valentines.

They handed out bags of candy and heart shaped notes that contained messages of love and getting along at school. For days afterwards the heart shaped messages were everywhere - attached to doors, walls, bulletin boards on cafeteria tables and on desks in classrooms. Other incentives involved all of the students putting a painted handprint with a positive message on a mural and an effective school assembly where students



wore pink shirts that have a contract on the back and a place to sign.

"We also had a camera project where we passed out 24 disposable cameras and asked each of the kids to take a picture of someone they didn't know and then pass the camera on. The pictures collage was put on display in the school - everyone really enjoyed it," said Gloger.

"Our next activity will be 'Stand Up' Day at Easter Mass. We are making signs of discriminatory things that people say at school and members of the YEAH team will stand up with the signs of hurtful things to remind people that we are all inclusive and that everyone should get along. It will be powerful - afterwards we will have a video."

Gloger and other members of the YEAH team have taken their positive message to stand up against bullying into Sacred Heart School in Midland where they hope Grade 8 students coming into high school will join the YEAH team.

School Chaplain Pat Bullock and Deanne Hachey are teacher co-ordinators of the YEAH program but assure the students are the driver team. Bullock says Jackie Duggan of KINARC started the program and is a driving force behind it.

"We are thrilled to be working with her each



week. Some of the challenges we were facing here at the school include name calling and cyber bullying - which has become a large issue now. It is everywhere and we are trying to stop it and are seeing some great results. Public relations are a huge part of YEAH - getting our face and message out there," said Bullock.

"When the opportunity was introduced to us we jumped to get on board and thought we could make a difference. We have a wonderful program in place now. We hope that the group will grow and new members will be initiated.

'Stand Up Day' when the whole school wore pink was a world wide initiative to 'Stand Up Against Bullying' and we received overwhelming support here at the school."

Deanne Hachey says the YEAH team has brought awareness to the issues of bullying at St. Theresa high school through promoting a positive inclusion atmosphere.

"The challenge is how to stop bullying and that for me as a leader is not simple. The kids want to help and that is why they are there in the first place. It's hard to get to the root as a small group but our efforts have been well received," said Hachey.

"Just having a presence in the school and doing actions towards a positive climate is creating more awareness. The group is doing the best it can and there is positive feedback from YEAH team members who have been victims."

St. Theresa's teacher Angela Monaghan is a co-facilitator of the 'People Encouraging Awareness to Create Equality' (PEACE) team at St. Theresa's - a new program for junior students which is an extension of the YEAH program.

According to Monaghan bullying is a human issue in various elements of life including homes, churches and workplaces however in schools stats show bullying becomes more prevalent between grades 4 to 10. Physical bullying once more common amongst boys happens now in both genders. While relational bullying happened mostly among girls in the past but there is now a trend of increased physical aggression amongst girls.

When she teaches students about bullying, Monaghan relates it to animals to help them understand the motivation behind it. In addition to her involvement with PEACE at the school, Monaghan is an 'On T.R.A.C. for Bullying Prevention' educator and counsellor and a member of F.A.C.E. involving community circles where the offender, the victim and supporters of each sit together in a circle to discuss an incident and work to reach a consensus on how to resolve the harm done. While the two programs are not related she can overlap her expertise from both together in dealing with family and student issues.

"There are links because it's about empowering human relationships and forms of understanding to create a community that doesn't allow bullying to thrive. Through the group here at school the students are promoting themselves - the bully program has to have everyone involved from within," said Monaghan.

PEACE is a student-driven initiative where they come up with the name of the group and their own ideas. One recent initiative resulted from students saying they were stressed at exam time.

"We hosted a fashion show where we dressed up in goofy clothes and walked through the cafeteria during exams and people laughed. With that laughter we created a community where people were not stressed and were not worried about 'how do I look', etc." said Monaghan.

Last week for Valentines Day members of the PEACE team passed out heart shaped cookies during lunches in the cafeteria. The team made 800 cookies on the Sunday before working together with the Catholic Women's League at St. Margaret's Church and at the same time worked towards building a relationship with the community.

"The group has to be student-driven and the teachers are part of the community so kids feel they have control - they see a problem and come up with solutions, then as teacher co-ordinators we come up with the logistics - that's how we do this. What helps is the kids knowing that they are not alone," said Monaghan.

## Hornet Student Parliament and ABC teams join forces against bullying

By Sharon Weatherall

Huron Park student Erin Coholan thinks that bullying issues at school all boil down to one thing - lack of respect.

As deputy prime minister of the Student Parliament and

a four year member of the Anti Bullying Character (ABC) team at school, Coholan has become tuned into the problem and ways to solve it at her school. Last fall the Midland student was part of a one day 'Wildfire Retreat' in Tiny Township that involved about a dozen elementary schools from across North Simcoe. The focus of the event was to bring school related issues to the table for collective discussion and come up with some answers about what to do.

"Each group of eight representatives brainstormed about how to make our school a better place. We all brought five main issues that were impacting our schools and everyone had respect on their list to discuss.



There were other issues including cyber-bullying, exclusion, drugs and poverty but if they all connected back to lack of respect so that became the global theme," said Coholan.

Principal Janice McMurdo said the Wildfire

Retreat was an amazing experience and it was supported through funds by the Simcoe County District Board of Education superintendent.

"The board superintendent values safety in schools and promotion of students. There were staff members there and some administration connecting with the kids on a different level. It was amazing how open and comfortable all the kids were, connecting right away," said McMurdo explaining the global theme of respect has been promoted at the school since the retreat.

"We have had an assembly featuring the Aretha Franklin 'Respect' song and we pick a letter each week from the word 'respect'

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which is passed around the school to classes in the three different levels. Students write down words that relate to that letter and which link back to the respect theme, then each week those letters are hung in the hallways. When the word 'respect' is spelled out and hanging on the wall the most powerful ideas from each letter will be put in the school newsletter. There will also be a contest for writing poems, essays and songs about respect with recognition."

There will be a follow up to the Wildfire Retreat to review what the different schools have done to improve respect within the school community.

Huron Park Hornets had a jump on the task as proud participants in the school board's 'Commit to Character' Program where the focus lies on ten key words - integrity, optimism, responsibility, honesty, cooperation, empathy, caring, courage, respect and inclusiveness. Students are encouraged to use these everyday at school, home and play and receive reward incentives at school for doing so.

McMurdo says Commit to Character teachings are done through programs like 'Character Coupons' involving recognition of students on stars and shapes that hang on the wall, weekly draws from the 'Character Chest' for good character deeds, and more.

"We are celebrating good character and we address negativity. We still do progressive discipline in the office by talking it out - using dialect on how to work it out. We also have two amazing EA's who deal with conflicts in the yard," said McMurdo.

"Part of the school culture now has morphed to 'I got caught being good' - so that students are recognized for good deeds. Kids are recognizing kids and that is the ultimate. They are learning integrity from coupons and

receive recognition for doing things when no one's watching, as well as learning respect of the custodians and helping to keep hallways clear and safe by picking up boots and shoes without being asked. Everyday I give a 'Character Message' on the announcements as well."

Erin Coholan says the ABC team stemmed from Commit to Character, after some kids brainstormed. Over the years the team has done many things including put on skits at assemblies and handed out kindness goodie bags.

"This year the Student Parliament has taken over that role," said Coholan who is proud of the many incentives being done to improve behavior and build a positive, caring attitude at her school.

"We have a 'Solvation Room' at school for solving problems after recess.

It's not about getting in trouble - it's about working it out and it usually solves a trip to the office. We have 'Peaceful Playgrounds' for minor conflicts and 'Character Athletes' where 16 Intermediate students do intramurals everyday with younger students during lunch and recess - two groups of students switch doing games and reading books. It involves peers, leadership, teaches good sportsmanship and lets the older kids get to know the younger kids."

Huron Park Hornets also participates in an on-line school board survey every two years that deals with bullying and safe schools. The results come back to the school so that an action plan can be created to look at strengths and where there needs to be more focus.

One thing is sure at Huron Park in Midland bullying problems and issues surrounding them boil down to 'Respect' and with students offering their own ideas the theme has become much more powerful.



## At MSS the focus is on reporting

By Sharon Weatherall

Midland Secondary School principal Jeanette Schieck says there are no programs currently in place at the school to deal with bullying besides a strong emphasis for all those involved to report incidents when they occur so they can be dealt quickly and effectively. This includes not only students, perpetrators, victims and staff, but witnesses and bystanders. "If you are watching something which is wrong, you are being a bully by watching and you are also part of the problem," said Schieck, formerly of Barrie she took over administration at MSS last year.

"When a report is made, we talk to the parties to get a feel for what has happened and then the parents are called or the student is often told to call the parents. If it is a case of verbal bullying we try to deal with it but if it is a serious incident, for example cyber-bullying or violence, we call in the police - they are very good to work with us."

Schieck says at MSS there are typical incidents of the bullying which involve verbal, crowds gathering and the some cyber-bullying - which seems to be less an issue at the school.

"There isn't a school where there is not bullying and we seem to be middle of the pack like everyone else. One of the biggest problems here at MSS, is comments in the hall or verbal bullying and the crowd piece where there is a gathering of students," said Schieck.

"We try to break up crowds and I think we have had a lot less of the 'at-each-other'



bullying since students have begun fitting into their space after coming back to school in the fall. By now they tend to know what's allowed and what's not and are settling into a holding pattern. I do expect to see a surge again in the fall when we start all over."

Schieck says when it comes to actually reporting incidents she is surprised at the amount of the people who withhold information making it virtually impossible to deal with a situation.

"I am surprised at how adults deal with situations by not giving information and often withholding names - we are the adults. I have to ask them - 'why are you telling me then?' If you don't tell me names and details there is nothing I can do about it and both kids and adults need to know that," said Schieck.

While the school does not currently have anti-bullying campaigns or programs in place there have been some assemblies featuring special speakers that have come to share stories including holocaust survivor Eva Olsen. Last fall the octogenarian had students sitting on the edge of their seats as they listened to her life story. Schieck says the students were captivated by what she said and really listened, relating to her experience.

"She spoke of tolerance and what we had to do to make our way in the world," said Schieck.

"She also discussed the word 'hate' which is used far too frequently in society today and is far too extreme a word to be used."

Schieck said community police officers have come to individual classes at the school

depending on the what project a class is doing and 'Healthy Relationships' which covers a wide scope including home, school, friends and intimate friends, is part of the Physical Education and Health curriculum.

She says some Peer Mediation programs have operated at the school in the past and a Link Program involving senior and junior student peers.

At MSS, Schieck says students in conflict should feel free to report themselves or for a friend and if they are not comfortable doing so, can report to a teacher or by phone call to the school.

"The angle we have taken is open conversation where anything can be talked about," said Schieck.

"New legislation in schools requires us to report to parents - a standard procedure here but now we are required for staff to do reports and more paper work."

Schieck said the new legislation follows the investigation into a student named Jordan Manners who died of a gunshot wound to the chest on May 23, 2007 in the hallway C.W. Jefferys CI School in Toronto. In dealing with this case the School Community Safety Panel made 126 recommendations to the Toronto District School Board. This changed legislation and put greater importance on the detailed reporting of all school bullying incidents province-wide.

# SIGNS OF BULLYING



- Torn clothing
- Loss of money
- Physical Injury such as bruising
- Truancy
- Bed wetting
- Moody outbursts
- Unwillingness to attend school
- Withdrawn behaviour
- Refusing to participate in extra-curricular activities
- Over or under eating
- Damaged property

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# REASONS WHY YOUTHS BULLY



- A bully's behaviour may be a reflection of his or her own problems.
- They may have been a victim of bullying in the past.
- They are receiving peer pressure to be a tough guy.
- They are seeking attention.
- They have no friends.
- They have a need to be in control.
- They don't care about others' feelings.
- They are insecure, and want others to feel that way.
- They seek acceptance from others.
- They want to be part of a bullying group/gang.

## WHO IS AN ACCESSORY TO A CRIME?

Those who stand around and promote bullying or do nothing to prevent it.



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# WAYS TO AVOID BEING BULLIED

- Be confident, stand tall
- Be yourself, believe in yourself
- Be courageous, try not to appear afraid
- Play and travel with your friends
- Walk away from trouble
- Tell somebody you trust



## WHO SHOULD YOU REPORT BULLYING TO?

- Anyone you trust, who can help by taking action
- School principal • Teacher
- Parent(s), guardian(s), grandparents
- Friends • Police Officer



## WAYS OF DEALING WITH BULLIES

- Walk away
- Ignore the person
- Talk it out if you can and don't be afraid to seek help
- Tell someone

# SHOULD YOU TELL?

**Telling is the first and most important step to stop bullying.**

I'm sure you've been wondering "should I tell?"  
or "should I just keep it to myself?"



## **BUT, IF YOU DON'T TELL:**

- Bullying continues (because the bully thinks they can get away with it)
- You continue to feel sick and afraid
- You cannot concentrate on your work
- You do not want to go to school

Telling is the first and most important step to **STOP BULLYING**.

It's like you're dragging around a heavy suitcase filled with all your worries. You can lighten the load and empty out your worries by telling someone.

**GIVE IT A GO!**  
**NOTICE THE DIFFERENCE IN HOW YOU FEEL!**



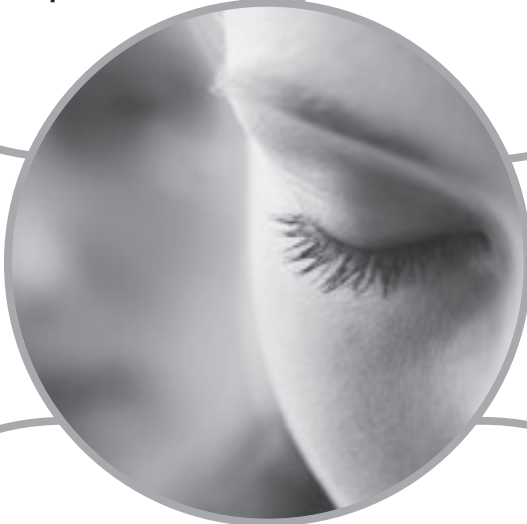
# THE TELLING PLAN

## WHO to tell?

- Friends
- Parents
- Teacher
- Kids Helpline

## WHEN to tell?

- After School
- When teacher is alone
- Private time



## WHAT to tell?

- How often does it happen?
- Who is involved?
- What do they do?
- How you feel about it?

## HOW to tell?

- Write a letter/email
- Take a friend
- Do a drawing
- Write a poem
- Ask a parent or friend to tell

# HELPING YOUR CHILD HANDLE BULLYING

Advise your child to leave expensive toys, sports equipment and money at home.

Encourage your child to play near a group or with a group.

Encourage your child to visualize themselves making friends and staying in charge of their behaviour.

Encourage and model confident body language,

Suggest your child play near the teacher on yard duty or in view of the staff room.

Encourage your child to use positive self-talk statements.

Teach and model assertive strategies.

Encourage communication at home.

Encourage your child to use humour (check that this does not escalate the bullying)

Ask your child if they would like you to pick them up or meet them at their classroom.

Talk to your child about being in the right place at the right time.

## BULLYING MYTHS & FACTS

### Myth

*"Bullying is just a stage, a normal part of life. I went through it. My kids will too."*

### Fact

*Bullying is not "normal" or socially acceptable behaviour. We give bullies power by our acceptance of this behaviour.*



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# Be a HERO. Take a stand against bullying.

# CRIMINAL OFFENCES ASSOCIATED TO BULLYING:

- Assault • Harassment • Extortion
- Threatening • Intimidation

## Definition of Assault:

- An assault occurs when someone hurts, or uses a weapon to hurt another person, or threatens to do the same.

## Assault and Sports/ Games:

- There are times when we might push another person, for example during a sporting event or game. An assault is not committed because both people have agreed to participate in the game. Having said this, playing a game or sport should not be an opportunity to hurt someone else and say that is part of the game. Any unnecessary force might be seen as an assault.



## Definition of Harassment:

- Repeatedly being bothered, annoyed, pestered or aggravated by someone (persistently intimidating). One time or many times.

## 'CRIMINAL OFFENCES' CONTINUED...

- There are times when we might tease a friend about something; maybe something silly they said or did, but it should be remembered that both people involved should be enjoying the moment.
- It is inappropriate to tease or bug someone when the comments being said are hurtful, insulting, offensive or insensitive to the other person.
- When we continually pick on someone, or get a group to pick on that person, that person's enjoyment of life can be affected. At this time it may be considered harassment and in some situations a charge of criminal harassment can be laid.

### **Definition of Extortion:**

- The intent to take something from another persons by convincing them through the use of threats, accusations or violence, to do anything or to make something happen.

### **Definition of Threatening:**

- Statements made that cause you to fear being hurt, your property being damaged, or a friend, family member or pet being hurt or killed.

## BULLYING MYTHS & FACTS

### Myth

*"Bullying is a school problem, the teachers should handle it."*

### Fact

*Bullying is a broader social problem that often happens outside of schools, on the street, at shopping centres, the local pool, summer camp and in the adult workplace.*

### **Definition of Intimidation:**

- Occurs when someone prevents you from enjoying your life by using violence or threats of violence
- One or more persons following someone
- Hiding someone's belongings
- Occurs when someone is found watching your home or work place
- Occurs when someone blocks or obstructs a roadway or sidewalk
- May occur without anything being spoken
- May occur one time or many times

### **Four elements of criminal harassment:**

- Someone who repeatedly follows you

- Someone who repeatedly phones you
- Someone who constantly watches you
- Someone who threatens you



**Reasons individuals do not report harassment:**

- They are afraid of revenge or retaliation
- They are embarrassed by the harassment (sexual)
- Fear of being ostracized by peers
- They think the harassment is too trivial to report
- They think nothing will be done about it

**Criminal Code Definitions:**

**265. (1) Assault** – A person commits an assault when:

**‘CRIMINAL OFFENCES’ CONTINUED...**

**a)** without the consent of another person, he applies force intentionally to that other person directly or indirectly;

**b)** he attempts or threatens by an act or a gesture, to apply force to another person, if he has, or causes that other person to believe on reasonable grounds that he has, present ability to effect his purpose; or

**c)** while openly wearing or carrying a weapon or an imitation thereof, he accosts or impedes another person or begs.

**264.1 (1) Uttering Threats** – Everyone commits an offense who, in any manner, knowingly utters, conveys or causes any person to receive a threat:

**a)** to cause death or bodily harm to any person;

**b)** to burn, destroy or damage real or personal property; or

**c)** to kill, poison or injure an animal or bird that is the property of any person.

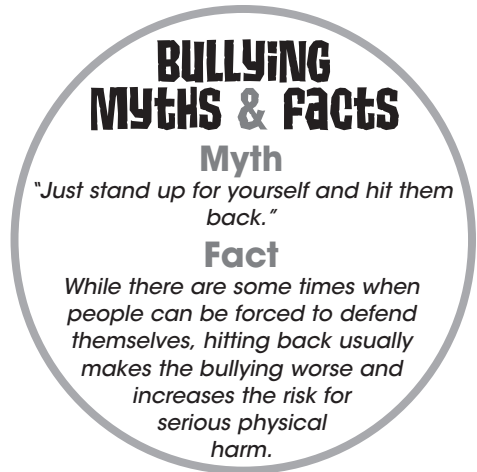
## 'CRIMINAL OFFENCES' CONTINUED...

**264. (1) Criminal Harassment** – No person shall, without lawful authority and knowing that another person is harassed or recklessly as to whether the other person is harassed, engage in conduct referred to in subsection (2) that causes that other person reasonably, in all circumstances, to fear for their safety or the safety of anyone known to them.

**(2) Prohibited Conduct** – The conduct mentioned in subsection (1) consists of:

- a)** repeatedly following from place to place the other person or anyone known to them;
- b)** repeatedly communicating with, either directly or indirectly, the other person or anyone known to them;
- c)** besetting or watching the dwelling-house, or place where the other person, or anyone known to them, resides, works, carries on business or happens to be; or
- d)** engaging in threatening conduct directed at the other

person or any member of their family.



**423. (1) Intimidation** – Everyone who, wrongfully and without lawful authority, for the purpose of compelling another person to abstain from doing anything that he has a lawful right to do, or to do anything that he has a lawful right to abstain from doing:

- a)** uses violence or threats of violence to that person or his spouse or children, or injures his property,
- b)** intimidates or attempts to intimidate that person or a relative of that person by threats that, in Canada or elsewhere,

# 'CRIMINAL OFFENCES' CONTINUED...

**you are  
NOT ALONE!**

**IT'S NOT  
YOUR FAULT!**

**YOU CAN DO  
SOMETHING  
ABOUT IT!**

violence or other injury will be done to or punishment inflicted on him or a relative of his, or that the property of any of them will be damaged

**c)** persistently follows that person about from place to place

**d)** hides any tools, clothes or other property owned or used by that person, or deprives him of them or hinders him in the use of them

**e)** with one or more other persons, follows that person, in a disorderly manner, on a highway

**f)** blocks or obstructs a highway

**346. (1) Extortion** - Everyone commits extortion who, without reasonable justification or excuse and with intent to obtain anything, by threats, accusations, menaces or violence induces or attempts to induce any person, whether or not he is the person threatened, or accused or menaced or to whom violence is shown, to do anything or cause anything to be done.



# WHAT ARE THE FORMS THAT CYBERBULLYING MIGHT TAKE?

## HERE ARE SOME POTENTIAL EXAMPLES

### ***E-mail***

### ***Instant Messaging (IM)***

### ***Chatroom/Bash Boards***

### ***Small Text-Messages (SMS)***

### ***Web Sites***

### ***Voting Booths***

### ***Other***

#### **Email:**

Short for electronic mail, the transmission of messages over communications networks. The messages can be notes entered from the keyboard or electronic files stored on disk. Most mainframes, minicomputers, and computer networks have an e-mail system. Some electronic-mail systems are confined to a single computer system or network, but others have gateways to other computer systems, enabling users to send electronic mail anywhere in the world.

(Webopedia: [http://www.webopedia.com/TERM/e/e\\_mail.html](http://www.webopedia.com/TERM/e/e_mail.html))

Cyberbullies can and do use e-mail to send harassing and threatening messages to the targets of their hatred and loathing. Those who are bullied often ask themselves "What have I done to deserve this?" and the usual answer is that they have not done anything to deserve such awful messages.

It is often possible to trace which e-mail account the message was sent from, however, it is almost impossible to prove who actually used this e-mail account to send the





# 'CYBERBULLYING' CONTINUED...

offending messages. Message sent from accounts with local/regional Internet Service Providers (ISPs) can be more easily traced and acted upon than messages sent from large Web-based e-mail accounts such as Hotmail, Yahoo! Mail etc.



Most e-mail programs allow you to use e-mail filters that will block or automatically delete messages from undesirable senders. This does work to a limited degree, but as most e-mail users now know, it is almost impossible to stop unwanted e-mail messages such as advertisements, SPAM etc. cyberbullying Prevention and action information.

## **Instant Messaging (IM):**

A type of communications service that enables you to create a private chat room with other individuals. Typically, the instant messaging system alerts you whenever somebody on your private list is online. You can then initiate a chat session with that particular individual. There are several competing instant messaging systems such as ICQ, AOL Messenger, MSN Messenger, Yahoo! Messenger, etc. Unfortunately, there's no standard, so anyone you want to send instant messages to must use the same instant messaging system that you use.

(Webopedia: [http://www.webopedia.com/TERM/instant\\_messaging.html](http://www.webopedia.com/TERM/instant_messaging.html))

Cyberbullies can and do use IM to send harassing and threatening messages to the targets of their hatred and loathing. IM has become a very large part of the social lives of our young people. The relationships they form with others in school and in other facets of their lives are extended and maintained through IM-ing. The conversations and con-

# 'CYBERBULLYING' CONTINUED...



flicts that arise online often give rise to behaviours that are acted out in person during school or the local shopping mall.

## **Prevention:**

Sit with your child when they are signing up for an IM account. If you are not careful, you can give others a great deal of access to your personal contact information.

Users of IM should create a buddy list of only people you know and trust well. Most IM programs allow users to create a list of others that users

may wish to "block" from sending them messages or contacting them for the purposes of chatting in real time (while the users are both online together at the same time). *Cyberbullying Prevention and action Information.*

## **Chat Rooms/Bash Boards:**

Real-time communication between two users via computer. Once a chat has been initiated, either user can enter text by typing on the keyboard and the entered text will appear on the other user's monitor. Most networks and online services offer a chat feature.

## 'CYBERBULLYING' CONTINUED...

(Webopedia: <http://www.webopedia.com/TERM/c/chat.html>)

The "bash board" is the nickname for an online bulletin board, or virtual chat room, where teenagers can go to anonymously and write anything they want, true or false, creating or adding mean-spirited postings for the world to see.

People are not always who they appear to be or who they say they are in chat rooms. Chat rooms can be places where some strangers may try to "befriend others, especially young people. They may attempt to lure them into meeting in person. Young people should NEVER arrange to meet someone in person whom they have been in contact with online.

Young kids shouldn't be in chat rooms unless a trusted and responsible guardian is sitting with them at the computer. Older kids should be only in moderated chat rooms and even moderated chat rooms can lead to compromising, embarrassing and harassing situations. Kids shouldn't exchange e-mail



with someone from a chat room or arrange to meet someone from a chat room without a parent or guardian present. *Cyberbullying Prevention and action Information.*

### **Small Text-Messages (SMS):**

Short for Short Message Service similar to paging, SMS is a service for sending short text messages to mobile phones. (Webopedia: <http://www.webopedia.com/TERM/SMS.html>)

**SMS:** - The Short Message Service (SMS) is the ability to send and receive text messages to and from mobile telephones. The text can comprise of words or numbers or an alphanumeric combination.

# 'CYBERBULLYING' CONTINUED...



SMS was created when it was incorporated into the Global system for Mobiles (GSM) digital mobile phone standard. a single short message can be up to 160 characters of text in length using default GSM alphabet coding, and 70 character coding is used.

**EMS:** - Enhanced Messaging Service (text messaging with more bells and whistles)

**MMS:** - Multimedia Messaging Service, (MMS) is the ability to send messages comprising a combination of text, sounds, images and video to MMS capable handsets.

**PDAs:** - PDAs stand for Personal Digital Assistants. You might recognize these better if we used names like Palm Pilot, RIM Blackberry, Handspring Visor/treo, Sony Clie, IPaq, Pocket Pc etc. Most of these are not only personal information organizers, they can now connect to the Internet, receive and send e-mail and browse the World Wide Web. *Cyberbullying Prevention and action Information.*

## **Websites:**

A site (location) on the World Wide Web. Each Website contains a home page, which is the first document users see when they enter the site. The site might also contain additional documents and files. Each site is owned and managed by an individual, company or organization.

*Webopedia: [http://www.webopedia.com/TERM/web\\_site.html](http://www.webopedia.com/TERM/web_site.html)*

Cyberbullies can create Web sites that mock, torment and harass others. If these are published on a local/regional Internet Service Provider (ISP), you should copy

## 'CYBERBULLYING' CONTINUED...

and print out these Web sites and then contact the ISP. Give them a chance to respond and address the situation. For most responsible ISPs in Canada, this is likely a violation of the Terms of Use or Acceptable Use Policies (AUP). Better ISPs will post a copy of their

AUP in an easily accessible place as well as appropriate contact information where you can report any such abusive situations with an e-mail account such as [abuse@isp.ca](mailto:abuse@isp.ca) (example).

Unfortunately, some ISPs are not as responsible, and you may have GREAT difficulty in not only finding their AUP or abuse reporting options, but even in getting them to acknowledge your concerns, let alone having the defamatory web site taken down. Equally unfortunately, some ISPs may not respond or take action unless you tell them that you are contacting the police and/or a lawyer.

Defamatory web sites posted on large Web hosts such as Yahoo! / Geocities, Tripod, Homestead etc.



may be even harder to get the attention of, let alone see action from, so this is why [www.cyberbullying.ca](http://www.cyberbullying.ca) believes that the most effective efforts that can be made with respect to the issue of cyber bullying is based upon PREVENTION.

*Cyberbullying Prevention and action Information.*

### **Voting/Polling Booths:**

Some websites such as [www.freevote.com](http://www.freevote.com) offer users the opportunity to create online polling/voting booths. cyberbullies can use these Web sites to create Web pages that allow others to vote online for "The

# 'CYBERBULLYING' CONTINUED...



Ugliest, Fastest, Dumbest etc. Boy Girl at \*\*\*\*\* School".

While such Web sites may state that they do not condone the use of their Web sites for such purposes, and we do commend them for having clear abuse policies (<http://www.freevote.com/policy.bml>) and a clear abuse reporting system (<http://www.freevote.com/abuse.bml>), the reality is that most of these pages are not regulated by the Web site creators. They are supposed to be overseen by the volunteer "main-

tainers" who are supposed to be the quality-control gatekeepers, but most of these positions are listed as "abandoned".

*Cyberbullying Prevention and action Information.*

### **Other:**

There are many emerging communication technologies such as Wi-Fi, SPOT, ThreeDegrees etc. that are making it easier to be connected to the Internet and therefore one another anywhere, anytime. We are becoming an increasingly "wired" society. This offers many exciting,

# 'CYBERBULLYING' CONTINUED...

amazing possibilities to create, connect and learn from and with one another. Some fabulous examples of this potential can be seen on such Web sites such as IEARNS, Childnet International, The Global Junior Challenge, The Stockholm Challenge etc.

But, human nature being what it is, there will be times when a small minority of people will exploit this same potential to threaten and cyber-bully others.

That's why [www.cyberbullying.ca](http://www.cyberbullying.ca) exists, to educate and inform people about the issue of cyberbullying, define what it is, what forms it takes, offer information about its prevention and some strategies/action that can be employed if it happens to you or someone you know.

## **Sources used in this publication:**

**[www.youbigbully.com/](http://www.youbigbully.com/)**

**[bullyrecovery](http://bullyrecovery.com/)**

**[www.insideouted.com/au/](http://www.insideouted.com/au/)**

**[www.bullying.org](http://www.bullying.org)**



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