



Greater St. Albert  
Catholic Schools

# Counsellor's Corner

November 2016



## Bullying Awareness Week November 13 to 19, 2016

### What is Bullying?

<https://education.alberta.ca/bullying-prevention/>

Bullying is a repeated and hostile or demeaning behaviour intended to cause harm, fear or distress, including psychological harm or harm to a person's reputation. It often involves an imbalance of social or physical power.

### Bullying Behaviours

Bullying behaviours are a form of aggression and can be:

- **Physical** (poking, elbowing, hitting); **Verbal** (name calling, insults, racist, sexist or homophobic comments, put-downs or threats); **Social** (gossiping, spreading rumours, excluding someone from the group, isolating, ganging up); **Cyber** (social or verbal bullying through the use of email, text messages or social media).

### Identifying Bullying Behaviour

Below are some warning signs to help identify if a person may be engaging in bullying behaviour:

- Not understanding or caring if someone is hurt; Boasting about taunting someone; Passing off teasing as a joke; Laughing when others get hurt; Demonstrating aggressive behaviour; excluding individuals; Name-calling



### What Bullying is Not

Bullying behaviour is not the same as hurting someone's feelings if there is no misuse of power or a deliberate intent to cause harm.

Bullying behaviour is sometimes confused with conflict. Conflict is a disagreement [...] It is a normal part of healthy relationships. For example, friends may disagree over which movie to see or what game to play. Learning skills to resolve conflict appropriately is very important for building and maintaining positive relationships.

Call your school counselor if you have concerns. You can also call the 24 hour Bullying Prevention Helpline at 1-888-456-2323 for advice and strategies on bullying prevention and building healthy relationships

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