

# HOPE RISING

The Office of the Children's Advocate  
Suicide Prevention Information

FALL 2014

PROMOTING LIVING...AND THRIVING!

## STAND UP TO BULLYING!

Help! I'm being  
**BULLIED!**  
What do I do?<sup>1</sup>

Being a kid or teen is tough, especially if you are being bullied. You might feel alone, scared, sad, angry, or blame yourself. Dealing with a bully is difficult, but remember that

**YOU ARE NOT THE PROBLEM,** the bully is. If you have already tried ignoring the bully, walking away, or telling them to stop, but are still being bullied, try the following SAFE solutions!

If you are being bullied,  
always tell an adult.  
Life can be difficult, but it  
does get better!

**S** - **STAND UP FOR YOURSELF**

Stand tall (even if you feel small), make eye contact, tell them to stop, walk away

**A** - **ASK FOR HELP**

Ask a friend or adult to help, keep asking and keep them informed

**F** - **FIGURE OUT YOUR OPTIONS**

Think of different ways to handle the situation, avoid unsafe situations

**E** - **END IT CALMLY**

Don't listen to what the bully says about you, treat them the way you want to be treated

A friend is being bullied!  
What do I do?

If you see someone being bullied, or have a friend that is dealing with a bully, show them that you CARE!

**C** - **CARE ABOUT OTHERS**

Offer to help, tell the bully to stop, walk away with your friend.

**A** - **TELL AN ADULT**

It's important to tell an adult who can help. When a bully is after you or a friend, speak up!

**R** - **REACH OUT**

Check in with your friend often about how they're doing

**E** - **END IT**

Let them know you are here to help. Be a mentor and a positive influence in your school & community!

OFFICE OF THE CHILDREN'S ADVOCATE

100-346 Portage Ave Winnipeg, MB R3C 0C3

(204) 988-7440 or 1-800-263-7146 toll free in Manitoba

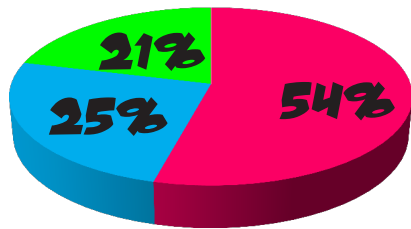
ON TWITTER @OCADVOCATE

OR FIND US AT FACEBOOK.COM/OCADVOCATE

WWW.CHILDRENSADVOCATE.MB.CA



When kids see bullying happen, they:



- Passively watch the bullying they see
- Intervene to stop the bullying they see
- Join in on the bullying

[http://www.prevnet.ca/sites/prevnet.ca/files/TM\\_NovDec\\_BAWInfographic2012.pdf](http://www.prevnet.ca/sites/prevnet.ca/files/TM_NovDec_BAWInfographic2012.pdf)

"Be strong now because things will get better. It might be stormy now but it can't rain forever."

Hailee



### WHAT ARE YOUR SPECIAL GIFTS?

Finding out about who you are and what your gifts are is an important adventure in discovering the identity of your

**#innersuperhero.**

The image you see above is Equinox, one of the newest superheros from DC Comics. Equinox is the inspiration from Canadian comic artist, Jeff Lemire. Equinox was introduced in June 2014 - she's a 16-year-old Cree teen from Moose Factory named Miiyahbin, whose power is rooted in the Earth and change with the seasons.

"Love yourself and your expression, you can't go wrong."

- KRS One

"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."

- Christopher Reeve, Superman

"Who is a hero? He who turns his enemy into a friend."  
The Talmud

### WHO ELSE CAN YOU CALL?

**KIDS HELP PHONE**  
[kidshelpphone.ca](http://kidshelpphone.ca)  
1-800-668-6868

**MANITOBA SUICIDE HELPLINE**  
[reasontolive.ca](http://reasontolive.ca)  
1-800-435-7170

### ONLINE VILLAINS!

Technology can help us keep in touch with friends, however, it also means that bullying can happen anytime, and when it happens online, it can be seen by lots of people instantly. If you or someone you know is being bullied online, here are some tips:

- Don't reply to the bully
- Take screenshots as a record of the bullying
- Block the sender
- Report the abuse to the website
- Tell an adult

If you are being bullied at school, in your community, or online, ALWAYS tell an adult. Also:

- Set your accounts to private
- Protect your tweets so only people who follow you can see them
- Think before you tweet or post things online
  - Never share your password!

#### IMAGE SOURCES AND CREDITS:

Title banner: <http://justbobimages.com/sunrise-on-graffiti-underground/>  
Keep Calm: [http://alyssaaldrich.com/wp-content/uploads/2013/04/Keep-Calm-and-Carry-On-Navy-Blue-Poster-Front\\_69597.1319984235.800.800.jpg](http://alyssaaldrich.com/wp-content/uploads/2013/04/Keep-Calm-and-Carry-On-Navy-Blue-Poster-Front_69597.1319984235.800.800.jpg)  
Stand up to bullying article: PREVNet ([www.prevnet.ca](http://www.prevnet.ca)) & Bully Free Alberta ([www.bullyfreealberta.ca](http://www.bullyfreealberta.ca))  
Equinox Superhero image <http://www.dccomics.com/blog/2014/03/28/cbc-news-reveals-justice-league-united%E2%80%99s-new-cree-superhero-equinox#1>  
Equinox character info: [http://dc.wikia.com/wiki/Miiyahbin\\_Marten\\_\(Prime\\_Earth\)](http://dc.wikia.com/wiki/Miiyahbin_Marten_(Prime_Earth))

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