



## Bullying

Bullying is the repetitive unwanted and/or aggressive behavior used to intimidate another. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2986e70845eb0013ebc032>



### FCRC Information Prescription

Check out all these bullying resources and more on our website.

<http://fcrc.ahs.ca/rx/bullying>



### MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about bullying.

<https://myhealth.alberta.ca/>



### Alberta Government Bullying

Find resources about bullying prevention and getting help if you are being bullied. The website has information about a bullying helpline, staying safe, actions we can take, Pink Shirt Day, and Bullying Awareness Week

<https://www.alberta.ca/bullying.aspx>



### Alberta Gay-Straight Alliances (GSA)

Various resources and supports, on how to promote welcoming, caring, respectful and safe schools for LGBTQ2S+ students and their allies.

<https://www.alberta.ca/gay-straight-alliances.aspx>



### Healthy Canadians

The Government of Canada put together this information about bullying. It includes pages on bullying for different age groups, how to recognize bullying, what parents/guardians can do to prevent bullying, and bullying prevention programs.

<https://www.canada.ca/en/public-health/services/bullying.html>



## Get Cyber Safe

Online safety tips are provided by the Government of Canada. Get Cyber Safe is a public awareness campaign created to inform Canadians about cyber security and the simple steps they can take to protect themselves online.

<https://www.getcybersafe.gc.ca/en>



## Royal Canadian Mounted Police (RCMP)

The RCMP has a page with information about the effects and legal consequences of bullying and cyber bullying. They also have learning resources to help parents and teachers inform youth about bullying and cyberbullying.

<https://www.rcmp-grc.gc.ca/en/bullying>



## Kids Help Phone

The Kids Help Phone has information on bullying. You can find strategies if you are being bullied at school or in your community, what to do if you've witnessed bullying, or if you are bullying others. Search for bullying by clicking on the search icon.

<https://kidshelpphone.ca/>



## PREVNet

PREVNet works to eliminate violence and promote healthy relationships for youth. You can find information on bullying, cyberbullying, teen dating violence, and healthy relationships.

<https://www.prevnet.ca/>



## Media Smarts

Canada's Centre for Digital and Media Literacy has a page about cyberbullying. Information includes strategies for fighting cyberbullying, the role of witnesses, along with resources for parents and teachers.

<https://mediasmarts.ca/cyberbullying/cyberbullying-overview>



## Canadian Red Cross

Under their Violence and Abuse Prevention page the Canadian Red Cross has information for parents, youth, educators, and First Nations Communities about bullying.

<https://www.redcross.ca/how-we-help/violence-and-abuse-prevention>



*Need more information?*

**Contact the Family Librarian**

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

**Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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