




NWAC Youth Violence Prevention Workshop

# Bullying

CREATED BY:  
NWAC YOUTH COUNCIL &  
NWAC YOUTH DEPARTMENT

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## OPENING ACTIVITY

### BALL OF STRING FLING

Bullying

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## Acknowledgements

- "Recognizing and Responding to Violence against Women in Aboriginal Communities" created in conjunction with Kenneth McGrath from Mandala Learning Solutions Inc who generously donated his time to work with the YC
- INAC funding to work on the youth violence prevention Toolkit
- The content of this workshop was developed by the NWAC Youth Council members and the NWAC's Youth Department
- A limited survey on violence prevention issues was conducted with Aboriginal youth prior to developing the workshop
- We partnered with Wabano Cyber café youth in order to make a youth video for the workshop

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## Workshop Contents

Please use this information at your own discretion

This is the tool for raising awareness and education developed by NWAC's Youth Council in consultations with other youth but we are not professional service providers so please contact relevant agencies and local service providers for any professional advice



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"I think that violence toward Aboriginal women is perpetuated within society.



It is not only one person making them feel worthless, but instead it is the general accepted stereotype surrounding Aboriginal women."

- Age 19, Ontario

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## Why do we need to talk about violence prevention?

1999 Statistics Canada data reports that from 7,400 Aboriginal and non-Aboriginal women 12.6% of Aboriginal women had been victims of violence by their current partners in the previous five years.

For non-Aboriginal women, they report the figure was just 3.5%.

(Assessing Violence Against Women: A Statistical Profile 1999).

Up to 75% of victims of sex crimes in Aboriginal communities are female under 18 years of age, 50% of those are under 14, and almost 25% of those are younger than 7 years of age.

(McIvor & Nahanee, "Aboriginal Women: Invisible Victims of Violence" 1998 Source: Correctional Service of Canada)

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## How violence affects Aboriginal girls?

The incidence of child sexual abuse in some Aboriginal communities is as high as 75 to 80% for girls under 8 years old\*

The heightened vulnerability to violence is experienced by Aboriginal / Indigenous girls in Canada\*

The suicide rate for adolescent Aboriginal girls is 8 times the national average of non-Aboriginal adolescent girls\*

\*McEvoy & Daniluk "Wounds to the Soul: The Experiences of Aboriginal Women Survivors of Sexual Abuse." Canadian Psychology 36, 3 1995)  
\*(The Girl Child: Having to 'Fit' by Jasmin Jiwani, Ph.D., October 1998)

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## What we will address...

- 1) How to recognize specific types of violence?
  - what is considered violence, abuse, harassment?
  - types of violence (descriptions, examples)
- 2) How to recognize early signs of violence?
  - major signs for each of the categories (in a relationship, school, work place, on-line, bars etc)
- 3) How to respond to and prevent violence?
  - scenarios
  - situations
  - obstacles to responding to violence: shame to talk about it, stigmas, lack of confidence, lack of skills to express themselves, poverty, lack of resources, low self-esteem, intergenerational trauma
  - highlighting healthy relationships
- 4) List of Resources and Workshop Sources
  - websites
  - tools

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## Ways to prevent violence

- Learn about types of violence that might occur
- Start learning about prevention early
- Learn to recognize early / warning signs of violence
- Recognize obstacles to responding to violence
- Build your own security networks and support systems
- Know resources available to you and places to call in your community / city

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# BULLYING

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# ACTIVITY 1 LABELS

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"What some children grow up to see or go through, they pass it on down to their own children."

- Age 23, Ontario

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## What is bullying?

Bullying is defined as a conscious, willful, deliberate and repeated hostile activity marked by an **imbalance of power**, intent to harm, and/or a threat of aggression. When bullying goes from bad to worse, it may lead to a feeling of terror on the part of the individual being bullied.

(From, b-free.ca)



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## What is bullying?

- punching, shoving and other acts that hurt people physically
- spreading bad rumors about people
- keeping certain people out of a group
- teasing people in a mean way
- when you are afraid that it can get physical
- someone intimidates you, wants you to fear him
- getting certain people to "gang up" on others



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## Recognizing bullying

- Verbal Bullying - name-calling, sarcasm, teasing, spreading rumors, threatening, making negative references to one's culture, ethnicity, race, religion, gender, or sexual orientation, unwanted sexual comments.
- Social Bullying - mobbing, scapegoating, excluding others from a group, humiliating others with public gestures or graffiti intended to put others down.

(From, bullyfreealberta.ca)



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## Recognizing bullying

- Physical Bullying - hitting, poking, pinching, chasing, shoving, coercing, destroying or stealing belongings, unwanted sexual touching.
- Cyber Bullying - using the internet or text messaging to intimidate, put-down, spread rumors or make fun of someone.

*(From, bullyfreealberta.ca)*



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## Recognizing bullying / cyber bullying



- verbal: taunts, name-calling and put-downs, threats and intimidation
- social: exclusion from peer groups, ganging up, ridiculing, extortion or stealing of money and possessions
- physical: assault and sexual assault
- cyber: using the computer or other technology to harass or threaten

*(From, b-free.ca)  
(specific to Cyber bullying there is a website called cyberbullying.org)*

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## ACTIVITY 2 BULLYING AND YOU

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## How can I recognize if someone is being bullied?

- shyness
- stomachaches
- headaches
- panic attacks
- not being able to sleep
- sleeping too much
- being exhausted
- nightmares
- wanting to be left alone
- withdraw from family and school activities



*(From, bullyfreealberta.ca)*

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## What do you know about bullying?



- happens in school buses, in communities, at work, in school, clubs
- it is a huge problem
- rumors are type of bullying
- verbal abuse is type of bullying
- name calling is type of bullying
- cyber bullying is present in communities
- joking around can go too far

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## What do you know about bullying?

- repeatedly victimizing people based on looks
- picking on people based on what they're wearing (dress "gangsta")
- picked on by white kids if you're in minority
- picked on because you're chubby
- picked on for being a good student, doing school work
- often mentioned in suicide notes
- **IT CAN LEAD TO SERIOUS CONSEQUENCES**



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## Responding to bullying

- hard to get help from authorities until it gets physical
- sometimes you feel adults don't understand
- adults/teachers can make it worse - assuming it's Aboriginal kids' fault
- inadequate disciplining measures within schools
- teachers sometimes not doing anything about it
- emotional damage - not recognized by teachers
- recognizing signs is important



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## Bullying in communities

- new people coming into the community
- band differences, mutual resentments, grudges
- rejecting, mocking non Aboriginal people
- bullying people for "not looking Aboriginal"
- calling people "half breeds"
- natives and "preppies"



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## Rumors

- issue of rumors - relevant to Aboriginal girls
- "I heard..."
- it happens
- it can have serious consequences
- people competing for little things they have
- verbal poison
- receiving pleasure from making others feel bad



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## Rumors

- nothing better to do
- done with the purpose to ruin someone's career / reputation
- or some people are "professional" chronic gossips - can be as bad
- done to gain something from it
- differences between rumors and good hearted gossip / grapevine
- listening to rumors - makes you a participant



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## WHY DOES BULLYING OCCUR?

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## Why does bullying occur?

- trying to fill a void
- bullies seeking attention
- failure to recognize the causes
- always stems from something
- defense mechanisms
- fear from the other person
- it's something inside them that makes them do it
- seek respect by bullying



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## Why does bullying occur in communities?



- not dealing with your healing needs
- intergenerational trauma
- things we haven't dealt with  
(e.g. residential school effects, family situation)
- bullying is a part of the cycle of violence

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## Some consequences of bullying

- people can start rejecting their culture as a consequence
- hating the "white" part in you
- can lead to fights / physical violence
- getting beaten up
- being bullied leads to becoming a bully



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## ACTIVITY 3 SPREADING RUMORS

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## What can you do about bullying?

- need to be dealt with carefully
- take attention away from bullies
- stand up for yourself
- let your family know
- explore the best and safest ways to inform the authorities (e.g. teachers)
- turn to cultural, spiritual teachings
- assess situation, don't put yourself in danger
- share your experience - help others



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## What can you and your community do?

- beware of what's the bully's home situation
- teach youth on these issues from early age
- hold community circles - victims and offenders in the same circle
- sensitizing youth to other's people's feelings
- go back to traditional teachings
- remember that the person who bullies is hurting inside
- healing the community - empower youth (communities can heal through empowering youth and vice versa)
- younger kids might not know about residential schools - teach them



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## Traditional approach Elder's advice

- look into community resources that offer traditional approach
- if there is no such resources, do something about it, ask why they are not there, get them started
- get offenders involved with the community
- seek culturally appropriate approach
- make healing circle (e.g. activity - roles in the hat-abuser, abused, elder)
- learn about Elder's role
- Elders - to talk about respect to youth
- healing circle - grow strength from that



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CLOSING  
COMMENTS

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QUESTIONS  
&  
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