



Student workbook

To assert your rights, this is not "to denounce" .. .

Reporting versus "ratting someone out"

Definitions :

Ratting someone out : is revealing information in order to harm, **take revenge or punish** someone for pleasure

Reporting : rise against, say NO to report inappropriate behavior to help relieve a person who suffers.

There is a huge difference between " Reporting " and denounce

The silence

The best friend of the attackers is silence and as long as it is maintained, people who bully are immune from the consequences of their actions. They do not realize the effect of their actions and will continue to increase the number of victims.

Denounce or report can be difficult because the victim:

- ⊕ May believe responsible for the aggression, whereas this is not the case.
- ⊕ Fear of not being believed.
- ⊕ May prefer to try to get by alone or try to convince that time will heal things.
- ⊕ Can be linked or attached to the person who assaulted.



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- ⊕ Recognizes that exposing can get the person who committed the actions have to respond to and meet with consequences.
- ⊕ Plunges back in difficult events and saw a range of emotions such as fear or anger.

However, reporting allows:

- ⊕ For an adult to intervene and protect the person who is intimidated.
- ⊕ At the shy person get help.
- ⊕ At the aggressor to realize he/she has a problem and face the consequences of his actions.
- ⊕ At the perpetrator to receive support to stop the bullying and help develop empathy and use of new problem solving strategies.

Falsehoods and truths

- Reporting a bullying or cyber-bullying situation makes things even more difficult for the person being bullied.

FALSE: By reporting it, the victim is asking for help from an adult who can provide support and balance out the relationship of power between the victim and the aggressor. Reporting a bullying situation is a way to say NO, to stand up for yourself and put an end to the bullying.

- If the bullying victim starts asserting themselves, the aggressor will be less tempted to continue bullying.

TRUE: What interests the aggressor is the fear they create and the power they have over their victim—this makes them feel more powerful and in control. So by standing up for yourself, you become a less attractive target. But be careful, asserting yourself doesn't mean taking revenge by becoming aggressive. It means stating your opinion and refusing to do things that don't correspond to your values.

- Once a victim, always a victim.

FALSE: It's important to report the bullying so that it stops. You can also learn strategies for preventing and dealing with bullying and rejection. For example, someone who is being bullied can make sure to have friends, spend time with people and not isolate themselves, develop their self-confidence and ability to stand up for themselves, and ask for help from friends and adults they trust.

- Victims of bullying attract problems, it's their own fault!



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FALSE: It's not the fault of the person being bullied. Anyone can be a victim of bullying. The only one responsible for bullying behaviour is the aggressor, not the victim. The person experiencing the bullying shouldn't feel ashamed or guilty about what's happening. No one deserves to be bullied.

- We are all capable of behaviours that can make others feel rejected or intimidated.

TRUE: You may occasionally bully people. It's important that you realize how easy it can be to adopt aggressive behaviour. If you're aware of changes in your attitude and of the reasons you seem to seek power at other people's expense, it will help you stop this behaviour and to find other ways of interacting with people.

The information is drawn from:

Site web Tel Jeunes / Section intimidation, <http://teljeunes.com/informe-toi/intimidation/dire-non-a-l-intimidation>

« *L'intimidation* » École secondaire Fadette, Commission scolaire de St-Hyacinthe, http://www.cssh.qc.ca/SiteWeb2010/SitesEcoles/Documents/Fadette/Dépliant_jeunes_fi nal-4.pdf



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What to do ? How to report an act of violence or intimidation?

VICTIM OR WITNESS

You live a bullying situation or violence or you have witnessed a situation where a student or a / a friend was bullied and that you want to report this event ...

What to do?

- Fill the reporting form, you will find it to the Secretariat to Ms. Francine, or prints it on the school website,
- Once the completed form, drop it in the letters box at to the secretariat,
- Be assured of the confidentiality of your query.

At any time, you can talk to your parents and an adult!

You can also visit the website of "moijagis" at the following address: <http://moijagis.com/> in the "YOUTH" section.

Remember that you are not alone

A speaker will contact you and explain to you how the aid will be offered to you.

If you post for a friend, we will explain you how we will help. Students will not be aware of your report, this information remains confidential at all times