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Export date: Sat Oct 31 2:33:08 2026 / +0000 GMT

Bullying Awareness Week

November 15?21 is Bullying Awareness Week in Ontario. The OPP support the efforts of everyone collaborating and setting goals to promote bullying awareness.

Statistics show that 75 per cent of people have been affected by bullying. Bullying can cause serious harm such as headaches, depression, anxiety, and increase the risk of suicide.

Take an opportunity to understand some of the different forms of bullying which include:

? Physical: kicking, hitting, punching, slapping and shoving in order to gain power and control over another person.

? Verbal: name calling, mocking, or making sexist, racist or homophobic comments.

? Social: excluding others from a group or spreading gossip or rumours about them.

? Electronic: (commonly known as cyberbullying) spreading rumours and hurtful comments through the use of cellphones, e-mail, text messaging and social networking sites.

? Workplace: not only happens on the job, it can also occur off-site at business functions such as conferences or meetings and work-related social events such as holiday gatherings.

The OPP identifies the importance of strong community partnerships and how they are essential in setting goals to promote anti-bullying programs.

?When communities and youth work together they can create awareness and provide support towards one another, making bullying prevention possible,? said Robyn MacEachern, Inspector, Ontario Provincial Police.