

# How does Kids Help Phone support youth impacted by bullying?

Presented by: Jasmyn Opikokew, Indigenous Wellness Specialist



# What is bullying?

Bullying is when someone uses their power to hurt, frighten, exclude or insult someone else. Bullying often occurs between people close in age and is never OK.

## Types of bullying

Physical bullying: harassing someone by hitting, shoving, tripping or any other use of physical force.

Emotional or psychological bullying: harassing someone with verbal attacks, hurtful comments, name-calling or teasing.

Cyberbullying: harassing someone over social media, text, email, websites and other digital channels.

Social bullying: harassing someone by excluding them, spreading rumors or giving them “the silent treatment”

Discriminatory bullying: harassing someone based on sexual orientation, ethnicity, gender identity, religion or anything else perceived as making them “different”

### Mental Health Insights: Data about Bullying

<https://kidshelpphone.ca/issue/mental-health-insights-get-data-about-bullying/>

# Ways KHP supports youth

- Call-in support from counsellors available 24/7/365 by dialing 1-800-668-6868 from any phone
- Live chat support from counsellors on the website (between 7pm-12 am EST) at <https://kidshelpphone.ca/live-chat-counselling/>
- 24/7/365 Crisis Response through texting: FIRSTNATIONS/INUIT/METIS to 686868
- Peer-to-peer Forum: <https://peertopeer.kidshelpphone.ca/>
- Resources Around Me (RAM)
- Website resources: [www.kidshelpphone.ca](http://www.kidshelpphone.ca) and search

## Ongoing programming to support Indigenous youth:

- Brighter Days: An Indigenous Wellness Program supported by Sun Life
- Weaving Threads: An Indigenous Engagement Program
- Indigenous specific outreach materials such as posters, wallet cards with contact information, small stickers and large bathroom stickers with KHP contact information available at: <https://kidshelpphone.ca/get-involved/indigenous-outreach-materials>
- New Trails

## Navigating KHP's bullying support resources

Now, we will move through an interactive activity where you are able to explore the Kids Help Phone website to increase your awareness of the supports that are available there.

Please take 10 minutes to explore:

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

And gather responses for the following prompts:

- *Name a resource you found, on the KHP website, that can help youth facing bullying.*
- *Name a resource you were able to find, on the peer-to-peer community that could help a youth facing bullying.*
- *Name a resource you found on RAM that could help youth facing bullying*

After the ten minutes has gone by, we will gather together again, share our findings with one another and consolidate them into a table chart on the next slide.

### **Please:**

- leave the window containing your resource open, so we can include the URL in our chart.
- think about how the resource that you chose could help support youth facing bullying
- be prepared to share what you've found

Source location	Website URL	Resource/support found	How can this be used to support youth who are impacted by bullying?	How can this be utilized by caring adults as they support young people impacted by bullying?
Ex: KHP website	<a href="https://kidshelpphone.ca/get-info/bullying-incident-report">https://kidshelpphone.ca/get-info/bullying-incident-report</a>	Bullying incident report	If a young person isn't sure how to articulate the incident, this fill-in-the-blank resource can help them formulate what they wish to say, before they report to school admin/police/etcetera.	Teachers, counsellors, restorative justice workers, can print this template and use it to guide a young person's report of bullying.
Resource/articles on the website				
Peer-to-peer community				
Resources Around Me (RAM)				

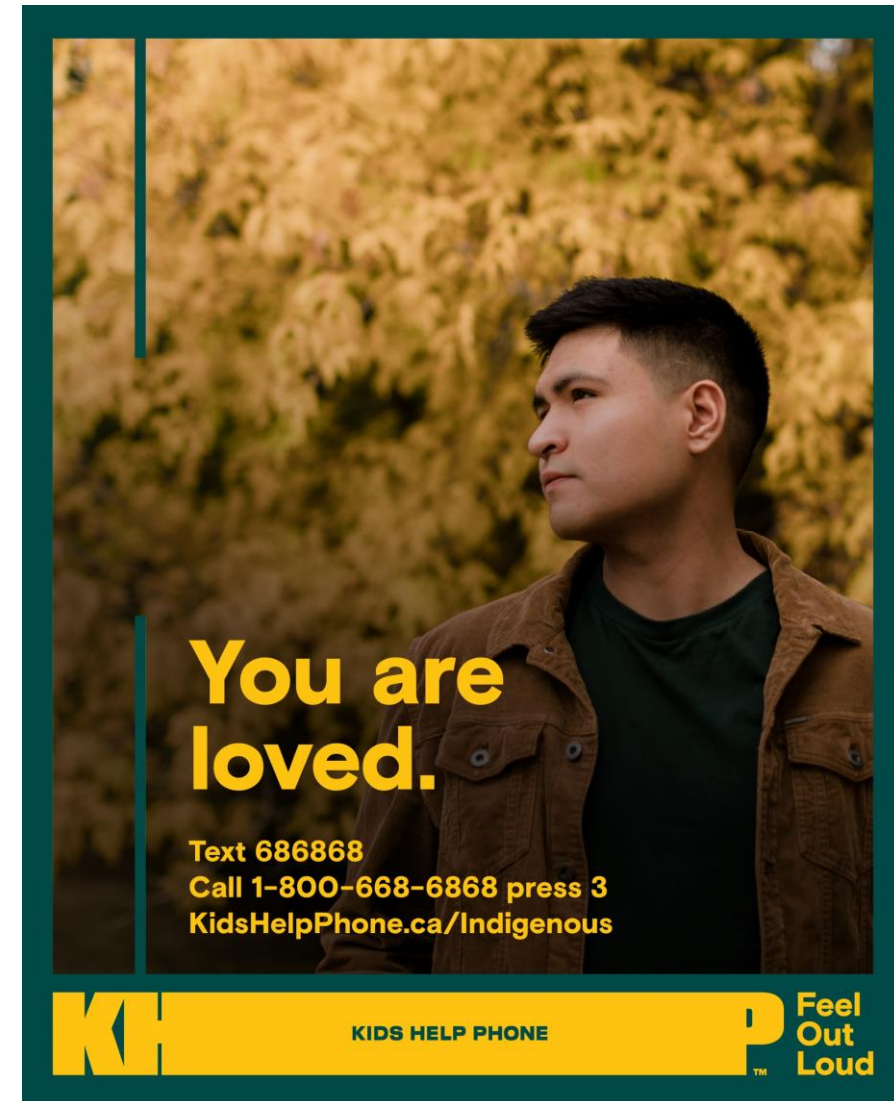
Source location	Website URL	Resource/support found	How can this be used to support youth who are impacted by bullying?	How can this be utilized by caring adults as they support young people impacted by bullying?
Ex: KHP website	<a href="https://kidshelpphone.ca/get-info/bullying-incident-report">https://kidshelpphone.ca/get-info/bullying-incident-report</a>	Bullying incident report	<i>If a young person isn't sure how to articulate the incident, this fill-in-the-blank resource can help them formulate what they wish to say, before they report to school admin/police/etcetera.</i>	
Resource/articles on the website	<a href="https://kidshelpphone.ca/get-info/what-do-if-youre-experiencing-bullying">https://kidshelpphone.ca/get-info/what-do-if-youre-experiencing-bullying</a>	What to do if you're experiencing bullying	This resource helps youth know they're not alone if they're experiencing bullying. It also provides advice on how to deal with it.	Caring adults could refer youth to this information.
Peer-to-peer community	<a href="https://peertopeer.kidshelpphone.ca/forum/47-bullying/">https://peertopeer.kidshelpphone.ca/forum/47-bullying/</a>	Bullying threads on forum	The posts are from youth across Canada, it can be helpful to read that other youth are experiencing similar things, and see how they deal with things.	Caring adults can refer youth to the forum threads on bullying, all posters are youth-identifying, aside from the KHP moderators who are there to keep the conversations safe for everyone.
Resources Around Me (RAM)	<a href="https://kidshelpphone.ca/resources-around-me/?id=8591bbfc-bfbf-4e5a-88b4-102ff4503304_calgary-counselling-centre-bullying-counselling">https://kidshelpphone.ca/resources-around-me/?id=8591bbfc-bfbf-4e5a-88b4-102ff4503304_calgary-counselling-centre-bullying-counselling</a>	Calgary Counselling Centre – Bullying Counselling	Youth can search based on keyword, for supports available to them in, or near, their communities.	Caring adults can help youth to find services that will help them in or near their communities.

# kinanâskomitin

## Thank you for your time!

Email: [jasmyn.opikokew@kidshelpphone.ca](mailto:jasmyn.opikokew@kidshelpphone.ca)

W: (639) 318-6170



**You are loved.**

Text 686868  
Call 1-800-668-6868 press 3  
KidsHelpPhone.ca/Indigenous

**KHP** KIDS HELP PHONE **Feel Out Loud**