

## EMERGENCY NUMBERS

Police: 999

Fire and Ambulance: 990

Reporting Crime: 555

### Child Welfare League

Belmont Cir Rd, Port of Spain 623-6301

### Marabella Family Crisis

62 Union Park, Marbella 658-5110 / 498-4394 / 772-0171

### National Family Services

ABMA Building, St. Vincent St, Port of Spain 624-5475 / 625-0439 (fax)

### T & T Innovative Parenting Support

20 Devenish St, Arima. 664-1520 / 664-2675

### Childline

800-4321 / 624-0402 / 658-5110 / 498-4394 / 772-0171 / 466-6696



## **BULLYING 101**

### **Being an UPstander instead of a Bystander**

THE SILVER LINING FOUNDATION

76 Caroni Savannah Road

Charlottesville, Chaguanas  
Republic of Trinidad & Tobago  
Telephone - 1-868-470-1967

Email [thesilverliningfoundation@gmail.com](mailto:thesilverliningfoundation@gmail.com)

Website: [www.silverliningtt.com](http://www.silverliningtt.com)

## WHAT IS BULLYING

Repeated and systematic harassment and attacks on others perpetrated by individuals or groups

### BULLYING CAN BE:

Physical \* Social \* Psychological \* Verbal  
Extortion and manipulation

### SIGNS OF ABUSE CAN BE:

Physical \* Emotional \* Behavioral/social \* Academic

## PREVENTING BULLYING

There is no one right way to deal with bullying. Different strategies include:

- Tell an adult
- Talk it out
- Walk away
- Avoid the bully
- Change the topic/tell a joke
- Surround yourself with friends and other who support you

## POINTS TO REMEMBER:

### A Guide to self-policing

### BULLYING IS AN ACT OF **POWER**

Making someone smaller so that you can feel bigger and more powerful; bullies aren't bad people

#### ASK YOURSELF:

- Why and where in your life do you feel powerless?
- Is someone hurting you?
- Are you hurting others to feel more powerful?
- What are others ways that you can reclaim power in your life?
- How do you stop feeling powerless and/or alone?

#### TALK TO SOMEONE:

School counselor \* Trusted teacher \* Other trusted adult \* Call one of the helplines

If you see someone being bullied, **STAND UP!**

**When peers intervene, bullying stops within 10 seconds, 57% of the time.** (Hawkins, Pepler, and Craig, 2001)