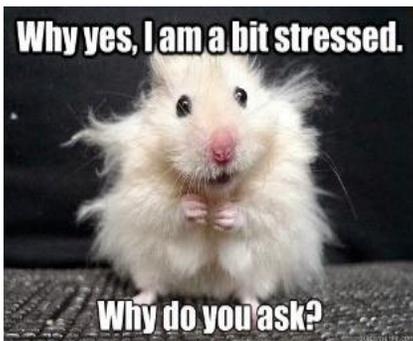


Dealing with Stress, BULLYING, Peer Pressure and TEAMWORK



Stress is what you feel when you are worried or uncomfortable about something. For example, maybe everything seems to be going wrong at once. Maybe you have got behind with schoolwork, or you had a fight with a friend, or you lost something you really liked and



you're in trouble at home too. It's like building a line of dominoes then giving one a tap and they all fall down one after the other. As more things happen, we get more stressed, which means we get too tired and can't think properly, which means more things go wrong! This worry in your mind can make your body feel bad. You may feel angry, frustrated, scared, or afraid – which can give you a stomachache or a headache.

Sometimes though... Stress can be helpful!

Look at musicians for example. They will tell you that stress can be an incredibly positive force. When all that adrenaline is flooding the body, it helps muscles to work harder and faster, speeds up reaction times and can improve performance. The trick is learning to use all that positive energy and not allowing stress to become an uncontrolled negative force which leads to mistakes.



BULLYING

Bullying is unwanted behavior, that can be done physically or emotionally that makes others feel threatened. **Most people who are bullied and who bully others may have serious, lasting problems.** Bullying can occur during or after school hours. Even though most bullying happens at school, it also happens at place like the playground or the bus. It can also happen travelling to or from school, in our very own neighborhood, or on the Internet.

Types of Bullying

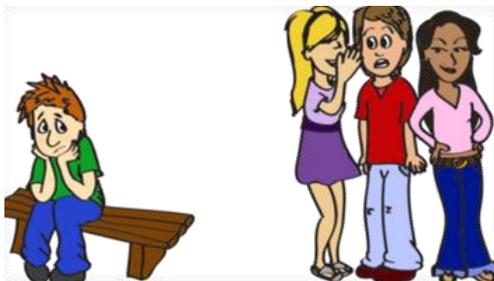
There are four types of bullying:

- **Verbal bullying** is saying or writing mean things.
 - Teasing
 - Name-calling
 - Taunting
 - Threatening to cause harm



- **Physical bullying** is hurting a person's body or possessions.

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures



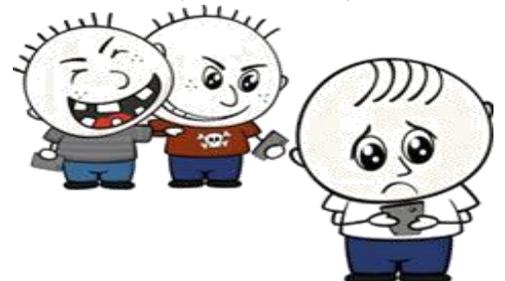
- **Social bullying** is hurting someone's reputation or relationships.

- Leaving someone out on purpose
- Telling other kids not to be friends with someone
- Spreading rumors about someone
- Making fun of someone in public or in front of another group of kids



- **Cyber-Bullying** is bullying that takes place over digital devices like cell phones, computers, and tablets

- Posting comments, rumors, pictures, or videos that are mean, hurtful, or embarrassing.
- Posting mean or hateful names, comments, or content about any race, religion, background.



Kids Who are Bullied

Kids who are bullied can experience negative physical, school, and mental health issues:

- Sad and/or anxious, feelings of loneliness, unable to sleep and/or eat, constant fear
- Decrease in grades and school participation and more likely to miss, skip, or drop out of school.

SHORT TERM EFFECTS OF BULLYING

- Low self-esteem
- Depression
- Anxiety
- Absenteeism
- Doing poorly in school

LONG TERM EFFECTS OF BULLYING

- Low self-esteem
- Lasting feelings of anger and bitterness
- Desire for revenge
- Trust issues
- Suicidal thoughts

Kids Who Bully Others

Kids who bully others may also take part in violent and/or risky behaviors into adulthood.



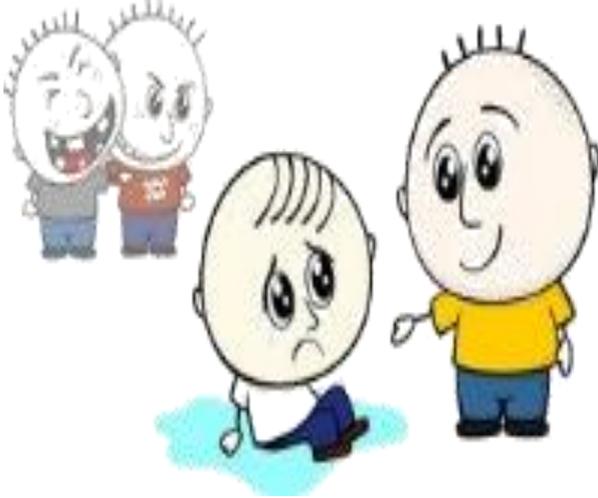
Things like:

- Abuse of alcohol/drugs when they are young and as adults
- Fighting, criminal damage to property, dropping out of school
- Criminal records and traffic citations as adults
- Abusive toward their girlfriends/boyfriends, spouses, or children as adults

Ways to Combat Bullying:

INCLUSION: The act of inviting and involving others so that they are welcomed, valued, and supported.

*The **IN** matters! To be inclusive, means to:



1. **INVITE**- If you notice someone is alone at recess you can ask if they want to join you
2. **INVOLVE**- Ask someone how their day is going and really listen to the answer
3. **INFLUENCE**- Show others you can be patient with those who do things in a different way
4. **INTERACT**- Say "good morning" to someone walking to class alone
5. **INTEREST**- Learn something new about a fellow classmate
6. **INSPIRE**- Give a sincere compliment about something well done

Remember when you act bullies cannot win! Tell school officials, parents or even police.

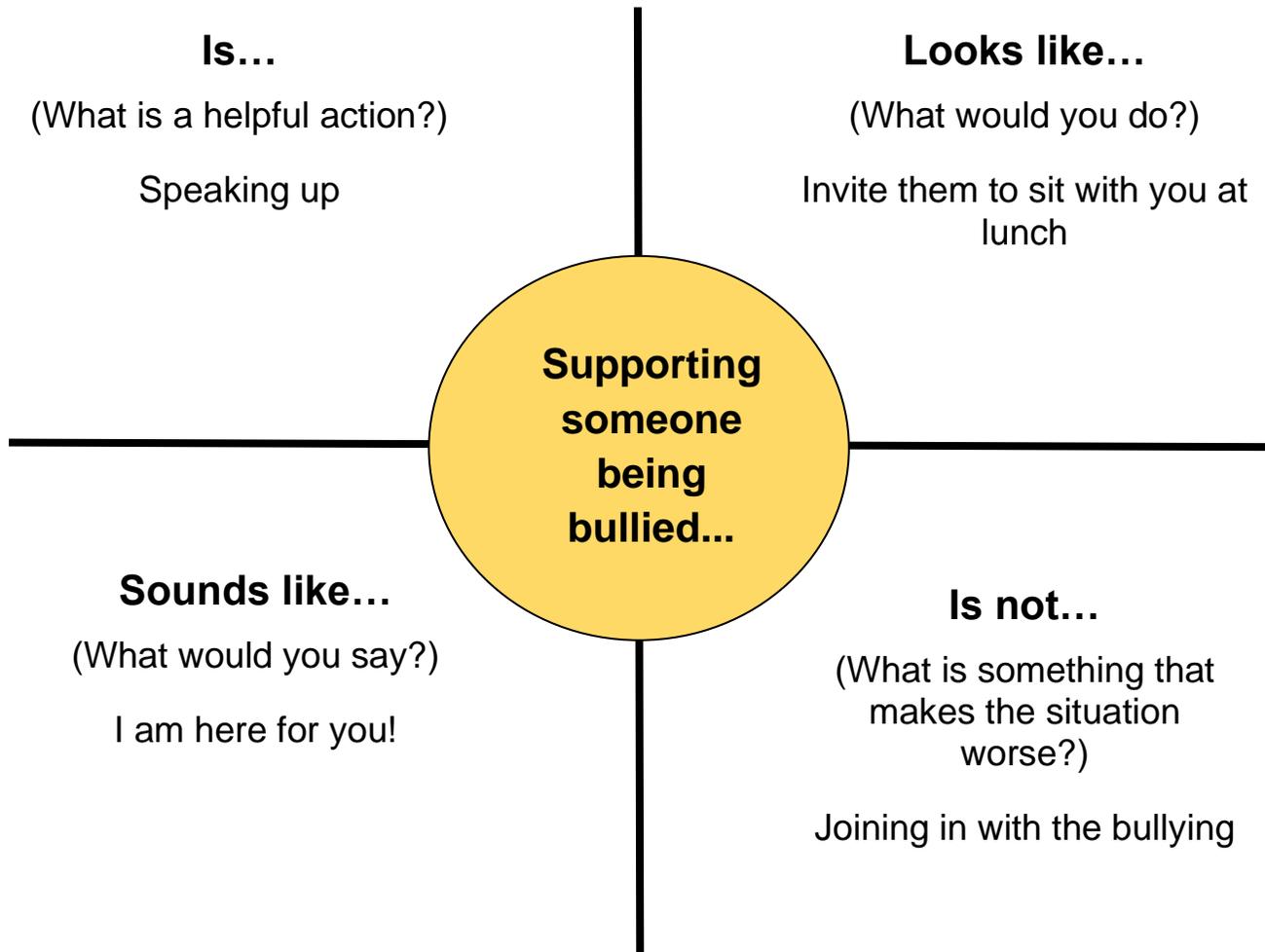
Tell someone else about your experience. Sharing helps others to feel included and not alone, because bullies like to pick on those who are isolated and feel alone.

Physical violence is a harmful and unsafe strategy. You can never know if someone may be carrying a weapon of some sort; so, it is best to avoid fighting if possible!!

When a kid behaves like a bully, it is almost impossible to have a true friend. When kids treat people miserably, in time others will begin to avoid them and they end up with a few **FAKE** friends and many enemies.

What Would Pip Do?

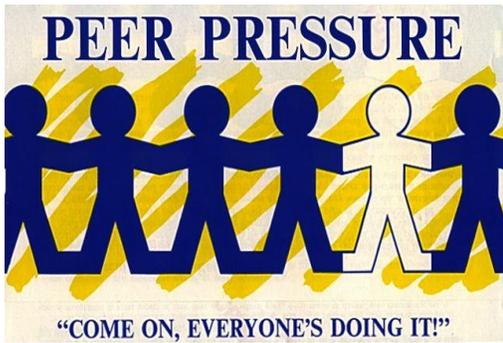
Pip is a hamster who lived in a pet shop with about a gazillion other hamsters. He was the littlest one and was often teased and called names. After experiencing bullying, Pip now speaks up against bullying! He knows it is important to reach out to those being bullied and be a friend.



Imagine you saw a classmate that was being bullied by another student. What could you do to help? Think about what Pip might do or say when helping defend his friend or someone being bullied.

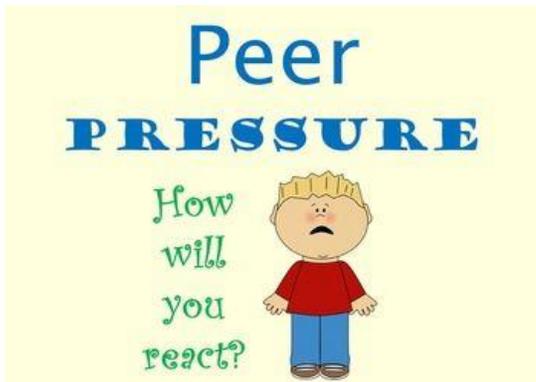
On the next page color in Pip, and in the bubbles write some of the things Pip, or you, might say in defense of your family, friend, or random person you saw being bullied.





Peer Pressure

Making decisions on your own is hard enough, but when other people get involved and try to pressure you one way or another it can be even harder. People who are your age, like your classmates, are called peers. When they try to influence how you act, to get you to do something, it's called **peer pressure**. It's something everyone has to deal with — even adults. Let's talk about how to handle it.

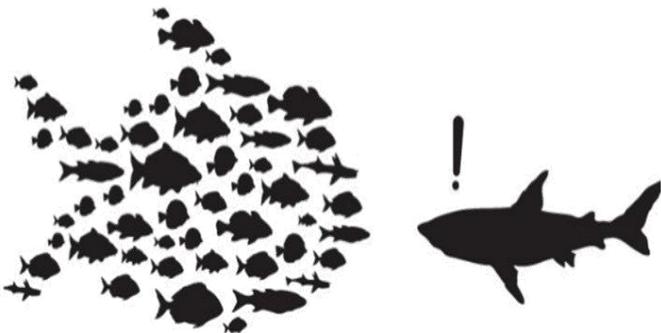


It is tough to be the only one who says "no" to peer pressure, but you can do it. Paying attention to your own feelings and beliefs about what is right and wrong can help you know the right thing to do. Inner strength and self-confidence

can help you stand firm, walk away, and resist doing something when you know better.



Sometimes our peers can have positive influences over us and sometimes they can have negative influences over us. For example, positive peer pressure can be used to pressure bullies into acting better toward other kids. If enough kids get together, peers can pressure each other into doing what is right!



REMEMBER:

A friend that does something and wants you to lie for them is not a true friend.
A Friend that steals something or wants you to steal something for them or with them is not a true friend.



TEAMWORK

Team is the first part of the word teamwork. Everyone knows what a team is, right? Can you remember a time when you were placed in a group of kids to figure out a problem or work on a project together? This is a situation that people are faced with every single day and to make it through this type of situation successfully, we must use our social and teamwork skills to the best of our ability.

Social skills are how we interact with each other. Like when we are at the playground and we meet someone new. We use these skills to make new friends, settle conflict, and work together. **Teamwork** is when you work



or a group of people to solve a problem, complete a project or a friendly competition. It is important you learn tasks such as taking turns, reading facial expressions, and paying attention. These are just a few tasks when learned can make such a difference in being successful! When we learn to work together it can build a sense of trust for those around you as well as showing others you are trust worthy.



There are plenty of people you have met that use their social skills and work together as a team daily! Like police officers who are community workers. They must also rely on their fellow officers in order to stay safe. If they didn't work together as a team a lot of people could end up hurt.

On the next page you will find a fun activity that you and your parents can do.

Police Officer TP Roll Craft

I think the template for the police person can be called a girl or a boy depending on which your child might like. Don't tell them which it is and they'll likely make their own decision on whether they're making a police man or police woman

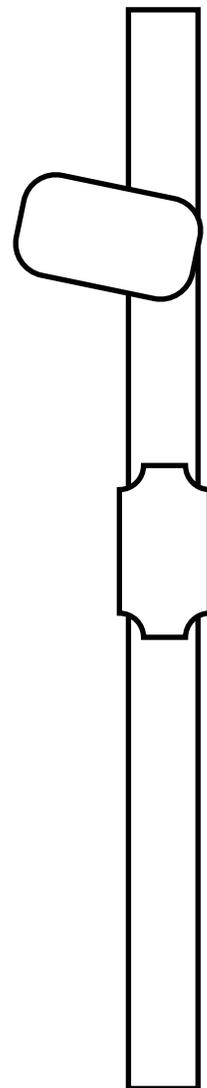
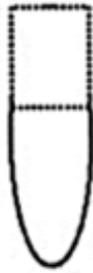
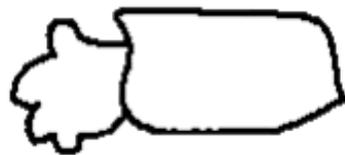
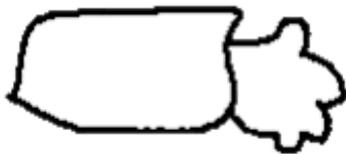
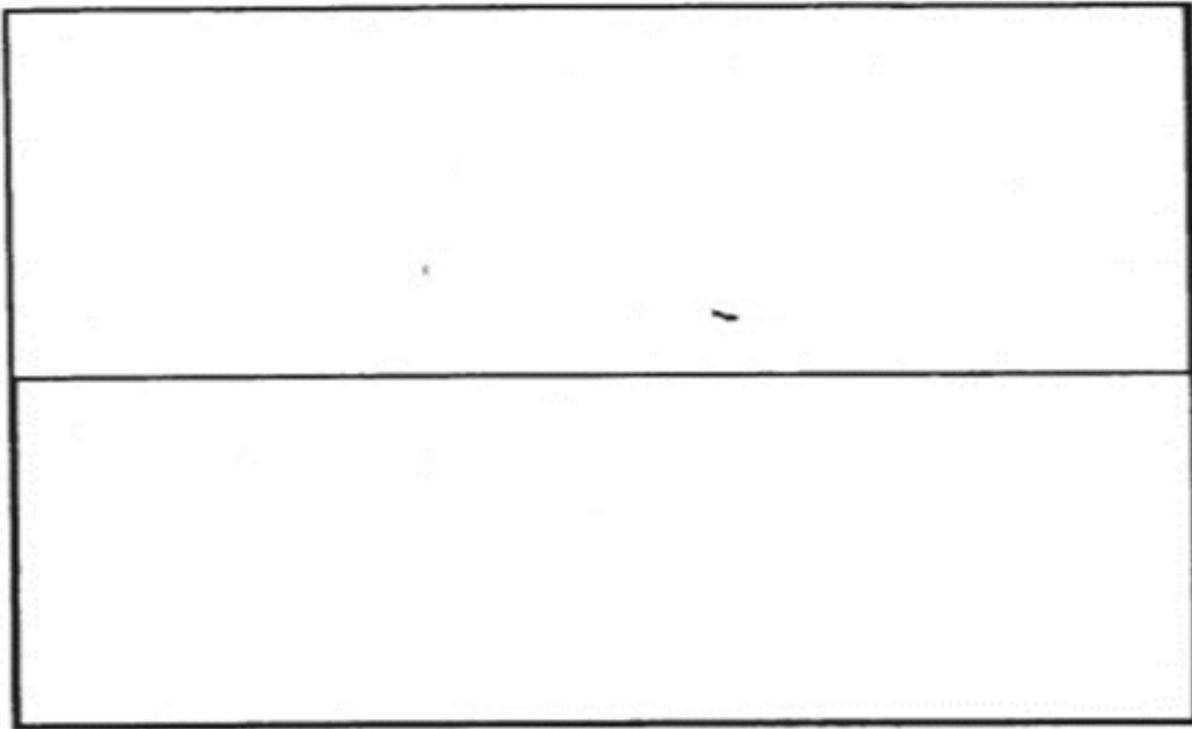
Materials you will need for the police man are a tp roll, printer, glue, scissors, something to colour with and a piece of paper (I prefer construction paper).

Make the Robber TP roll craft to go with him!



INSTRUCTIONS

- Print out the template of choice.
- Colour the pieces as appropriate and cut them out.
- Glue the large rectangular piece around the toilet paper tube.
- Glue on the thin rectangle at about the center as a belt.
- Glue the tie on about where the neck would be and the head on right above the tie.
- Glue on the arms.
- Glue the feet onto the bottom of the tp roll, using the tabs to make a 3D effect.
- Glue the badge onto the front of the shirt (optional... this piece may be a bit too small for some of the younger children to use).



POLICE OFFICERS

ARE COMMUNITY HELPERS



Here is an activity where you must work as a team that you can do with your parents, siblings, cousins or neighborhood friends.

1. **Scavenger Hunt:** A home is the perfect place for a scavenger hunt! This is because there are many nooks and crannies that only a resident would be able to figure out. Have your parent hide a few treasures around the home, and have the siblings work together to figure out clues to locate where the treasures are buried! You can find some ideas for the scavenger hunt on the next page.

INDOOR SCAVENGER HUNT

Have your parent hide the following things in and around the house. They don't have to be the examples below. For every item you work together and find maybe your parent will have a reward waiting for

Something yellow... 

Two things that are blue...  

Something plastic... 

Something with wheels... 

Three stuffed animals...   

Something round... 

Your favorite toy... 