



Dwell in Wellness

Submitted by Russ, a long-time Guelph CHC volunteer

Bullying and Anti-Bullying- November 2025

"We have got to dispel this myth that bullying is just a rite of passage."

- Barack Obama, 21st century U.S. president

"Courage is fire and bullying is smoke."

- Benjamin Disraeli, 19th century British prime minister

There are several days in November which have a focus on bullying and anti-bullying.

The United Nations has declared "the first Thursday of November (Nov. 6 this year) as the International Day against Violence and Bullying at School, Including Cyberbullying[. It recognizes] that school-related violence in all its forms is an infringement of children's and adolescents' rights to education and their health and well-being."

International Stand Up to Bullying Day falls on the third Friday in November (Nov. 21). In some countries it's part of Anti-Bullying Week. (It's also observed in February.)

In the U.S.A., "November 14th is National Block It Out Day. Each of us has the power to choose what we give our attention to online. We can all choose to block out the online hatred, trolls and bullying that makes up the culture of cyberbullying."

"Bullying is the use of force, coercion, hurtful teasing, comments, or threats, in order to abuse, aggressively dominate, or intimidate one or more others."

"Those who have been the targets of bullying can develop long-term emotional and behavioral problems. Bullying can cause loneliness, depression, anxiety, lead to low self-esteem and increased susceptibility to illness."

"It can be important to address bullying behaviour early on, as it can be easier to control the earlier it is detected. Bystanders play an important role in responding to bullying, as doing nothing can encourage it to continue, while small steps that oppose the behaviour can reduce it."

- Wikipedia

Kids Help Phone

1-800-668-6868

What is bullying? (5 kinds)



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FOR KIDS

- What to do if you're experiencing bullying
- How to help a friend who's experiencing bullying
- What to do if you're bullying others
- Support guide: Being bullied, a bystander or a participant
- Youth story: Bullying, masculinity and cultural perceptions
- Bullying incident report

FOR ADULTS

- How to talk to the young person in your life about bullying
- I'm a bystander to bullying. How can I offer support?

The Canadian Centre for Child Protection Inc. runs Need Help Now, which offers help if "a nude of you under the age of 18 is being shared online."

<https://needhelpnow.ca/en/> (or in French: <https://needhelpnow.ca/fr/>)

The Ontario Ministry of Education has a resource page with a dozen bullying topics. (The page has links to text in French and several other languages). The topics include:

- How children and teenagers identify bullying
- Signs a child is being bullied
- What parents can expect from the school and school board
- The Upper Grand District School Board has board-level and school-level bullying plans.

In case you want to speak to a therapist, Compass Community Services offers a single therapy session for free in Guelph, Fergus and Wellington County. Free sessions are available on certain days at certain hours. See details at the bottom of the "Is Compass Right for You?" page. You can also call their Distress Line (519-821-3760), 8am-10pm, 7 days a week (depending on volunteer availability).



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Also in Guelph, Spacious Mind Counselling has approaches for several bullying settings, including university and at work. They offer a "free no-obligation 20 minute consultation with the option to stay for a full session right after if you so choose. We offer online, in person and telephone therapy sessions and look forward to working together." Book a consultation here: <https://spaciousmindcounselling.janeapp.com/>

On the University of Guelph campus, the Maplewoods Centre for Family Therapy and Child Psychology offers counselling on bullying and peer pressure for teens. Its fees are on a sliding scale "based on family income and for clients who experience financial hardship (including people accessing ODSP or OW). Fees are discussed during intake."

The Guelph Police THINK Initiative is about on-line bullying. Guelph Police give this advice. "A couple of seconds re-reading your post, thinking about the photo or running the worst-case scenario through your head can save you a lot of real-life pain. Before you hit send, upload or post, stop for a minute and consider the following:

- True? - Is what you are posting online true? Posting false information on social media can lead to many problems.
- Hurtful? - It's hard to convey your tone of voice - how you are saying something - online. Comments...rely a lot on context and can be misinterpreted online. Read it back before you post it and if it's not clear, try again or hit delete and consider speaking to the person on the phone or in person instead.
- Illegal? - If Police see evidence of illegal activity in a video, photos, or on a mobile phone they can use it in court as evidence.
- Necessary? - It's important to think about how much information you're sharing with strangers. You wouldn't stand in the street and hand out cards to everyone with your name, your photo, your address, school or university and favorite band on it - don't do the same thing online.
- Kind? - If you wouldn't say it to someone's face, don't post it on their wall.