

This is Bullying Awareness Week

Nov. 15 to 21 is Bullying Awareness Week in Ontario.

Ontario Provincial Police supports the efforts of everyone collaborating and setting goals to promote bullying awareness.

Police stated that statistics show 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 cell phones, email, text messaging and social networking sites;

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

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,? OPP?Inspector Robyn MacEachern observed.