



SAY NO TO BULLYING!

Our Community, Our Home

Bullying

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Manantial - What is our goal?

The vision at Manantial is to become a leading community-based agency that promotes and supports active, healthy and safe lifestyles among individuals and families living in northwest Toronto and south Vaughan, with a particular focus on immigrants, seniors and youth.

MNSI's goals, which reflect the organization's four main areas of programming and services, are:

Preparing

To equip individuals and families to develop and maintain healthy relationships through one-on-one and family counseling, youth support programs, parenting support programs, and leadership training programs for youth and seniors

Lifestyle

To promote and support active and healthy lifestyles (mental and physical) among seniors and youth through senior and youth support programs

Violence Prevention

To educate individuals and families about violence and violence prevention through one-on-one and family counseling, youth support programs, seniors support programs,

and leadership training programs for youth and seniors

Serving the needy

To serve vulnerable populations by providing advocacy support to immigrant women, youth and seniors, as well as basic newcomer settlement services and referral to other agencies for individual and families, as required.

MNSI's programs and services are offered in both English and Spanish.

We encourage individuals and families to further develop their life skills, and strive to increase their knowledge and awareness of the rights that all Canadians enjoy and the services available to them in the community.

Above all, MNSI aims to help you prosper and assume a leadership role in your community!



Our Community, Our Home

One of the major focal points in servicing the community is Youth related issues. "Our Community, Our Home" is a youth project in support of the City of Toronto which provides youth of minority backgrounds with the skills and education required to avoid and/or deal with gender biases, discrimination, racism, violence and bullying.

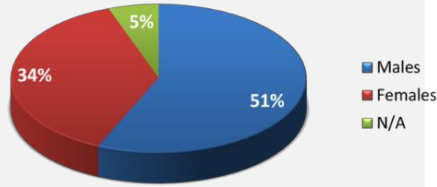
We strive to educate youth and our surrounding community about the visible and invisible impacts of discrimination and violence. We believe that it is important for Youth to learn about their rights and options in order to combat the socio-economic disadvantage, stereotypes and social labels that hinder them from expanding their potential. In result of becoming aware of these barriers, they can achieve healthy, race indifferent, relationships within the community.

This effort will help individuals experience a positive change in their lives and their surrounding community.

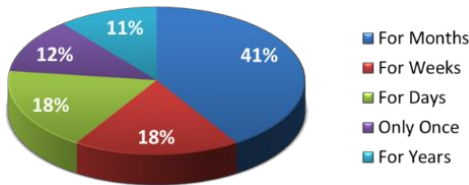
DID YOU KNOW?

Approximately 30% of all bullying is now cyber bullying? Don't be fooled into believing otherwise, say no to bullying!

Gender of Reported Bully



Duration of Bullying



What is bullying?

by Brenda Espin

Bullying is a pattern of aggressive behaviour meant to hurt or cause discomfort to another person. Bullies always have more power than victims. Their power comes from physical size, strength, status, and support within the peer group.

Bullies repeatedly oppress their victims, psychologically or physically, because they are shy, different, lack confidence, or lack physical strength.

Bullying takes many different forms including physical threats, violence, name-calling, teasing and social attacks on someone's reputation. Young people who are being bullied are especially likely to feel trapped and alone.

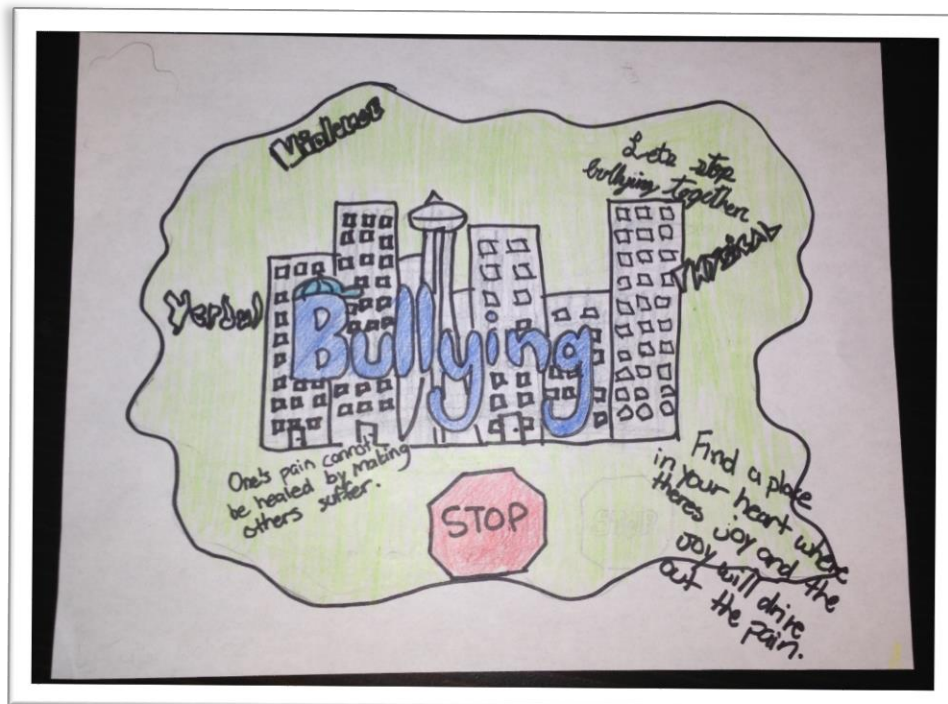
Learning how to act safely and respectfully towards others, how to set boundaries and respect the boundaries of others, and how to advocate effectively to help others empowers most people and gives them tools to better manage future conflicts and relationship issues.

People have the right to be treated with respect and the responsibility to act respectfully towards others.



If young people witness bullying, their wisest choice usually depends on the situation. They either speak up, reach out, or leave to get help. Every young person has the right to feel safe at home, at school and in the community.

Bullying needs to be dealt with directly. To stop hurtful behaviour we all need to respond when it occurs and take steps to prevent it.



Art work by: Jorge Galvez

SIMULATED BULLYING GAME



Cyberbullying

Continued

DON'T RESPOND

As tempting as it may be to reply to a text, message or post that is harmful, don't. If you don't engage with them, they'll get bored and move away. If you try to justify yourself or get them to change their opinion of you, you're simply showing them that you're upset- which is exactly what they want. If it's happening on a social network site, block them from your page. The site will have info on how to block others, set your privacy settings, and how to manage your profile.

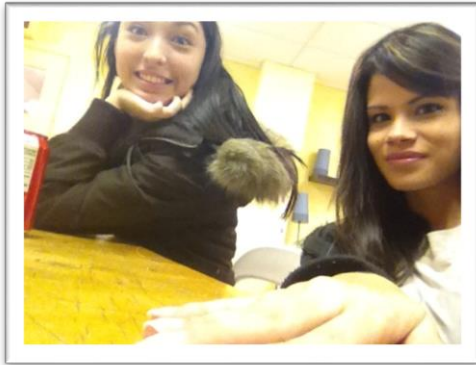
If you receive silent or abusive phone calls, hang up immediately. Don't try to get the person to talk to you- you're simply showing that you're upset and their strategy is working. Hang up, record the time and date of the call and tell someone.

SAVE THE EVIDENCE

Keep a note of the times and dates of abusive messages. Either don't reply to them or delete them but tell your parents so that they can make a complaint to the appropriate people. While you still have the evidence, don't be tempted to read it over and over. If you read it more than once, you are giving power to the words contained in it. Don't allow the perpetrator to have the power over you.

GET HELP

Tell your parents that this is happening. They can help you bring this to authorities or the appropriate people. Don't be afraid to report what's going on. If you're worried that your parents will remove your phone or your internet access, in order to keep you safe, you should talk with them about whether this is the best option. However, some compromises will have to be met in order to secure your safety.



Cyberbullying

Bullying is repeated aggression by an individual or a group, against others. It can be physical, verbal or psychological. Cyber bullying involves the use of technology such as the Internet or mobile phones. It can involve text messages, silent phone calls, emails, video recordings, photos or web posts that are used to upset, threaten, abuse or harm someone. It can also involve impersonating someone else by accessing their account and leaving messages for other which are upsetting.

If you are being repeatedly bullied there are three key things you need to do:

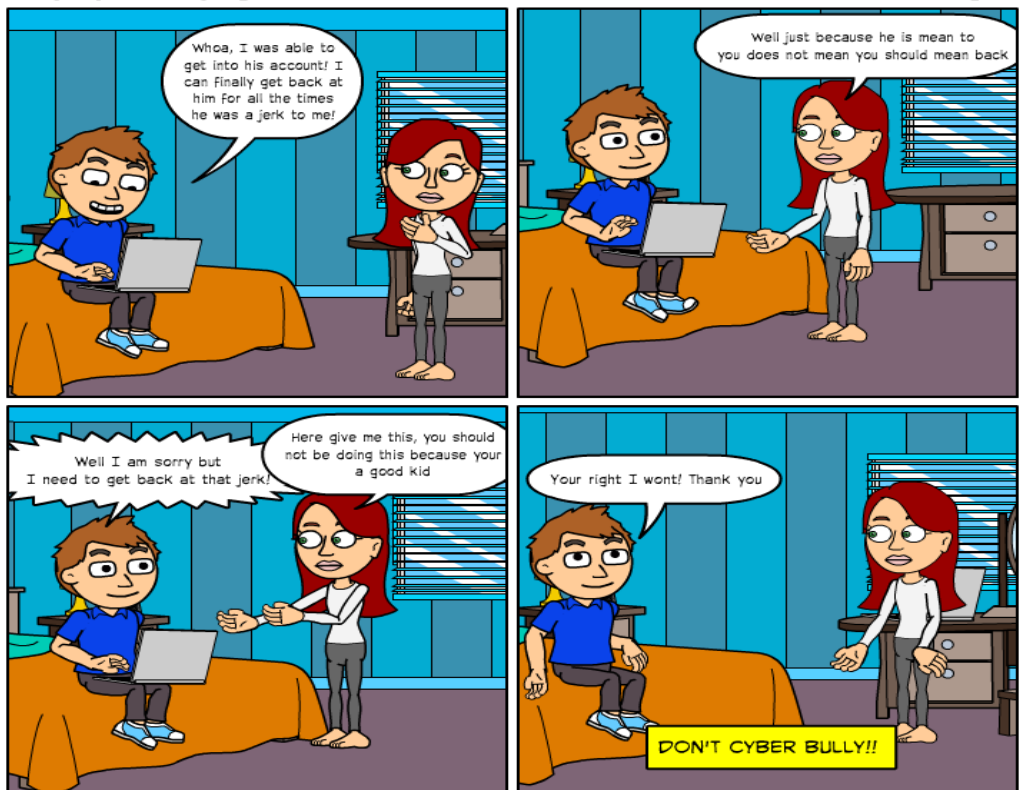
1. Don't respond
2. Save the Evidence
3. Get Help

FAST FACTS

80%

Over 80% of teens use a cell phone, making it the most common medium of communication.

Stop Cyberbullying



Help Lines:

Kids Help Phone 1 800 668-6868

Available 24/7

Call to speak to a counselor live or visit the website to post a message about your problem. Online questions may take up to a week to receive an answer, so if you want an answer right away you should call instead. On the other hand, if you're shy about asking your question you can visit the website and read the answers counselors have already posted in response to similar problems.

HEYY (Hearing Every Youth Through Youth) 416 423-HEYY (4399)

Available Monday to Friday, 6pm-9pm

Call to speak confidentially and anonymously with other youth who will listen and ask questions to help you sort out your situations. HEYY does NOT offer advice since the volunteers aren't professional counselors, instead they provide an opportunity for you to talk about your problems and come to your own decision about what to do.

Distress Centres of Toronto 416 408-HELP (4357)

Available 24/7

Trained counselors offer emotional support, crisis intervention and suicide prevention to youth and adults.

Telehealth Ontario 1-866-797-0000

Available 24/7

If you have a medical issue and aren't sure if you should go to a walk-in clinic, an emergency room or can wait for an appointment with your family doctor, phone Telehealth Ontario to speak to a Registered Nurse.

Toronto District School Board Safety Line 416-395-SAFE (7233)

Message center only, available 24/7

If you're a student in the Toronto District School Board and are aware of a situation that threatens the safety or welfare of you or anyone else in the school, you can call and leave an anonymous message for TDSB staff.

Crime Stoppers 416-222-TIPS (8477)

Visit the website or call to anonymously report a crime or to provide more information on a crime to the Toronto Police.

About Us

Manantial Neighbourhood Services, Inc. (MNSI) is a non-profit charitable organization that provides crisis intervention and newcomer integration services to primarily Latin American immigrants (individuals and families) in the Jane-Finch, Sheppard-Lawrence and Keele-Wilson communities of Toronto, and in south Vaughan. Manantial is particularly focused on serving the needs of youth and women victims of domestic and other violence, as well as providing leadership programs and activities for youth and seniors.

FOR MORE INFORMATION

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