

# **Bullying: a cause and effect relationship**

“Never criticize a man until you've walked a mile in his moccasins.”

~ Native American Proverb ~

**Format:** Seminar / Workshop  
**Hosted by:** Dallas Arcand aka DJ krayzkree  
**Time:** 60-90 min

Bullying is an issue that happens everywhere in the world. No matter where you live, where you go to school or how popular you might be you have witnessed, caused or been the victim of aggression from your peers. It is with hope that this workshop will raise awareness about bullying and how it affects individuals on a daily basis.

Understanding and acknowledging what bullying is?

Bullying is aggressive behaviour that is intentional and that involves an imbalance of power or strength. Typically, it is repeated over time. A child who is being bullied has a hard time defending him or herself. Bullying can take many forms, such as hitting or punching (physical bullying); teasing or name calling (verbal bullying); intimidation using gestures or social exclusion (nonverbal bullying or emotional bullying); and social media, etc (cyber bullying).

- Stresses of being bullied can interfere with student's engagement and learning in school.
- Children and youth who are bullied are more likely than other children to be depressed, lonely, anxious, have low self-esteem, feel unwell, and think about suicide.
- Students who are bullied may fear going to school, using the bathroom, and riding on the school bus.
- Research shows that bullying can be a sign of other serious antisocial or violent behaviour. Children and youth who frequently bully their peers are more likely than others to get into frequent fights, be injured in a fight, vandalize or steal property, drink alcohol, smoke, be truant from school, drop out of school, or carry a weapon.

In this workshop we will explore holistic strategies to prevent and stop bullying. Nature and the law of physics have always defined us, so as the saying goes: what goes around comes around. We will have a sharing circle to explore this topic and conclude it with a beautiful healing round dance.

Written by: Dallas Arcand 2020 ©