



BISHOP TONNOS COMMUNITY HELP DIRECTORY

CRISIS

Assaulted Women Hotline	1-866-863-0511
Catholic Children's Aid Society	905-525-2012
After Hours	905-522-8053
Children Aid Society	905-522-1121
After Hours	905-522-8053
COAST Crisis Line	905-972-8338
Distress Centre	905-335-0100
Kids Help Phone	1-800-668-6868
St. Joseph (Emerg. Pysch.)	905-522-4941
Sexual Assault Centre	905-525-4162
Suicide Crisis Line	905-522-1477

COUNSELLING

Adolescent Community Care	905-524-2501
Alateen (Help for Children of Alcoholics)	905-522-1733
Alliance for Sexual Abuse	905-523-1020
Alternatives for Youth (Drug and Alcohol)	905-527-4469
Banyan Community Services	905-544-7778
Bereaved Families of Ontario	905-318-0070
Birthright (pregnant teenagers)	905-527-3677
Catholic Family Services	905-527-3823
Contact Hamilton	905-570-8888
Grace Haven (pregnant teenagers)	905-522-7336
Ontario Works (welfare)	905-572-2796
Settlement & Integration	905-667-7476
St. Martin's Manor (pregnant teenagers)	905-575-7500
Victim Services	905-546-4904
Youth Employment Centre	905-522-4902

CRISIS ACCOMMODATION

Brennan House (male & female)	905-577-1166
Good Shepherd Centre (male)	905-528-9109
Interval House (abused women & children)	905-387-9959
Notre Dame House (Youth Hostel)	905-308-8090

STOP BULLYING



Bullying is a Serious Problem

Bullying can happen anywhere: face-to-face, by text messages or on the web. It is not limited by age, gender, or education level. It is not a phase and it is not a joke. Bullying can cause lasting harm.

Bystanders are present 85% of the time when someone is being bullied (Craig and Pepler, 1997)

If You're a Victim of Bullying:

Stay Calm: Bullies LOVE a reaction so don't give them one.

Don't Fight Back: You may get hurt or make the situation worse. Bullies want attention – fighting back only gives them what they want.

Project Confidence. Hold your head up and stand up straight. Bullies pick on you because they think you're afraid.

Don't be afraid to tell people you trust. Adults can help more than you think. Report this to a teacher, coach, administrator as soon as possible.

Never give out or share personal information online, including your name, the names of friends or family, your address, phone number and school name. Personal info. also includes pictures of yourself and your email address. Never tell anyone your passwords.

Don't reply to messages from cyberbullies. Even though you may really want to. Cyberbullies want to know that they're messing with your mind.

Don't erase or delete messages from cyberbullies. You don't have to read it, but keep it. It's your evidence. The police and your Internet Provider and/or your telephone company can use these messages to help you.

Bullying can take different forms, including:

Verbal: taunts, name calling, and put downs, threats, and intimidation

Social: exclusion from peer groups, ganging up or group teasing

Physical: assault

Cyber: using the computer or other technology to harass or threaten



You may kill me with your words.

You may cut me with your eyes.

You may kill me with your hatefulness.

But like air, I'll rise.

Maya Angelou



"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."

Matthew 25:40