

It's Time to *#CutTheBull*



Jeffrey Beausoleil

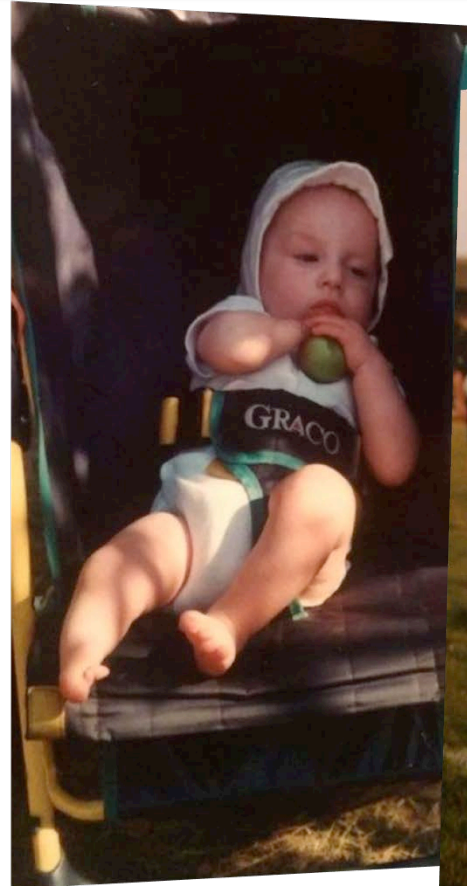


- 18 years old
- Graduated high school
- Born without right foot or right hand: surprise 😊

Growing Up



- Adapted well
- Learned to walk
- Evolved like other kids
- Perseverant
- Raised without pity



Shriners Hospitals for Children Canada



- Hospital for **KIDS & TEENS** with **bone and neuromuscular issues**
- My surgeries
- **My follow-ups**
- The hospital taught me to do **everyday things**



My Hobbies



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NETFLIX





Bullying in Elementary School



Started in **GRADE 1**

Kids said **mean** things

- Examples
- How it made me **feel**
- Friends
- Teachers helped



Bullying in High School



Bullying got **worse**

Kids continued to say **MEAN** things



Then it got **PHYSICAL**

- What happened
- Who helped me at the scene
- What police did

Bullying in High School



I turned **INWARDS**

I didn't want to go to school

I asked for help from friends, parents,
school principal, school psychologist

They all helped me

Bullying in High School



Bullies were suspended, etc.

But bullying continued...

I thought **I** was the **problem**

I realized **THEY** were the problem

I Realized...



I should not change for them

THEY SHOULD LEARN TO ACCEPT ME

If I can overcome bullying, I can overcome anything

My Message to You



- Bullying **hurts**
- Can happen **everywhere**
- Don't be scared to **talk** and **seek help**
- **YOU CAN OVERCOME IT**
- Don't be scared: **stand up against bullying**

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#CutTheBull

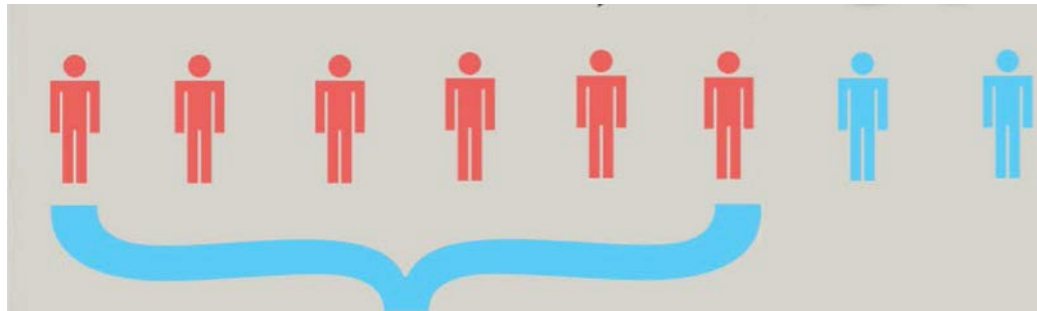
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Bullying Fact



Those with
physical disabilities
are **TWICE** as
likely to be
bullied

Bullying Facts



75% of people say they've been **AFFECTED BY BULLYING**

Over **1 million** Canadians in school are *bullied at least once, each week*

Is It Bullying?



When someone says or does something *intentionally* hurtful

and **they keep doing it** –
even when you tell them to stop or show them
that you're upset, that's

BULLYING

If You're Being Bullied...



Report it. It's your RIGHT.

Get support. Confide in someone.

Stay safe. Walk with a friend, find other routes, close your social network accounts...

Take care of yourself. Eat balanced meals, sleep, exercise.

If you witness bullying...



Speak up

Offer an escape

Report it

**Reach out to the
person being bullied**

If you're bullying...



If you're thinking of changing – good!

Talk to an adult



If you're "group bullying"...



Walk away

Tell them to stop

Tell them you'll
take a stand



Cyberbullying...



Stop. Don't be mean back.

Save. Take a screen shot/picture.

Tell. Tell someone you trust.

Block. Ask someone if you don't know how.

Cyberbullying – Tips to Protect Yourself



- **Keep passwords private**
- Don't give your cellphone #/email address
- *Use privacy settings & reporting features*
- **DON'T SHARE PERSONAL INFO**
- **Careful about sharing photos**

Do Your Part: Stop Bullying



GET INSPIRED:

Go to **CutTheBull.org**

- Read about some amazing kids & teens



Do Your Part: Stop Bullying



GET INFORMED:

Find out more about
bullying at

CutTheBull.org



Do Your Part: Stop Bullying



GET INVOLVED:

- **Ideas** on how
- Buy a #CutTheBull **T-SHIRT**
- Take a **selfie & post it**

When you witness bullying:

SPEAK OUT against bullying when you see it.

HELP someone being bullied by offering support.

REACH OUT to someone who is alone.

IGNORE mean comments by walking away or logging off.

NOTIFY a trusted adult if you don't feel safe.

ENCOURAGE kindness with a smile.

REFUSE to harm when others do.

STAND PROUD because you **#CutTheBull**.

CutTheBull.org



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