



**YOU** have the right  
to be **SAFE**

# SPEAK OUT

Prepared and issued by  
Hockey Canada

# Play

safe, show respect, have fun

**FAIR PLAY** means  
everyone is **SAFE**,  
respecting each  
other, and  
**HAVING FUN**



# SPEAK OUT

Talk to someone you trust

mom	neighbour
dad	teacher
coach	principal
uncle	doctor
aunt	nurse
grandma	friend
grandpa	counselor
police officer	brother
	sister

KIDS HELP PHONE  
1 800 668 6868  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Talk to someone you trust

"When you are being  
bullied, harassed or abused."

Help a friend by  
listening and believing

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## What is bullying?

When another person uses intimidation, humiliation, threats or assault against you – **just being mean!**

## BULLYING, HARASSMENT AND ABUSE ARE WRONG

- if you are being bullied, harassed or abused, know someone who is, or you're not sure, talk to someone you trust
- **NEVER** make a false accusation or spread stories that aren't true

## IT CAN HAPPEN ANYWHERE. . .

arenas	practice
dressing rooms	cars
buses	homes
walking home	parking lots
parties	on the street
on the phone	through e-mail or instant message

## What is abuse?

When an older or more powerful person uses his or her power to hurt you and you require protection – this is abuse. More examples are:

- physically hurting you
- threatening to hurt you
- forcing or pressuring you to perform a sexual act

## SPEAK OUT

- it is not unusual to feel angry, confused, depressed, ashamed or afraid
- keeping silent won't make the problem go away
- talk to someone you trust
- keep talking until someone listens to you

## What is harassment?

When another person uses intimidation, humiliation, threats, or assault against you and it involves your human rights, for example:

- **racism**
- **sexism**

# SPEAK OUT

## HELPING A FRIEND

If a friend is being bullied, harassed or abused, you can help by

- listening
- believing
- supporting
- getting them to talk to someone they trust, or
- telling someone you trust