

# It's Time to **#CutTheBull**



# Jeffrey Beausoleil

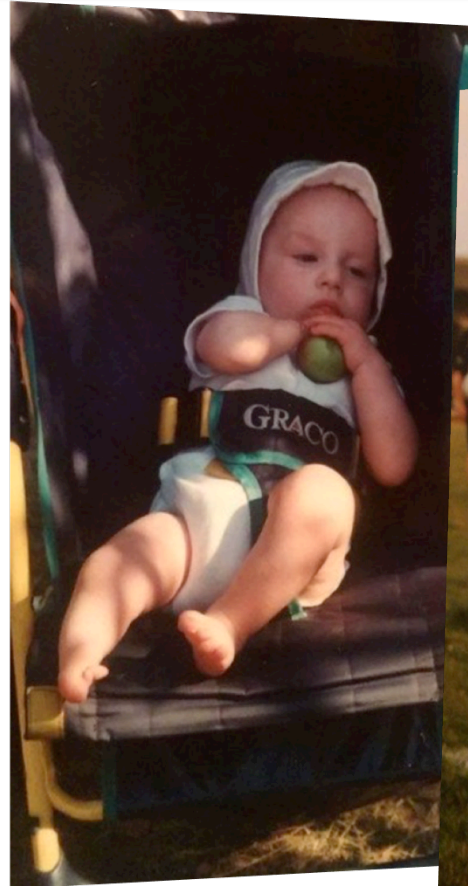


- 18 years old
- Graduated high school
- Born without right foot or right hand: surprise 😊

# 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



Designed by Freepik at flaticom.com

# 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**

# Shriners Hospitals for Children Canada



**#CutTheBull**

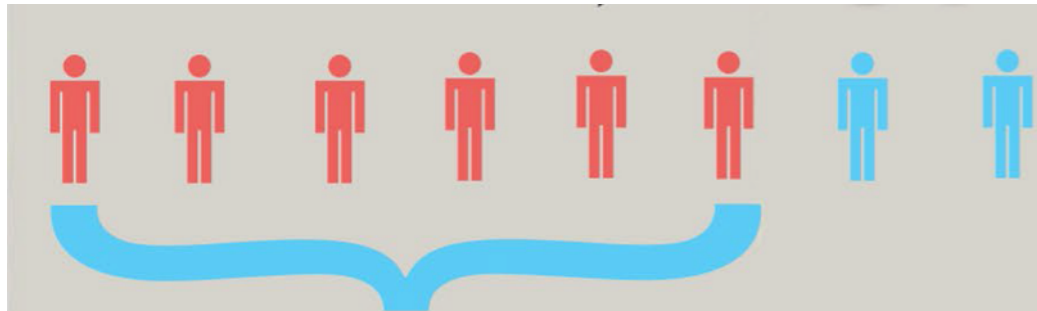
**#LntimidationCNon**

# 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](https://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](http://CutTheBull.org)



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