



HOMOPHOBIC BULLYING

Need to talk to someone about homophobic bullying?

**Call YouthLine.ca at 1-800-268-YOUTH toll free
or the Durham Distress Center at 905-430-2522**

Durham District School Board does not allow discrimination or bullying of any kind. Homophobic bullying is defined as bullying behaviours that are motivated by prejudice or hate towards a person's actual or perceived sexual orientation or gender identity. You don't have to be a sexual minority to become a target. Using comments like "that's so gay" may seem innocent, but they contribute to the development of a negative or hostile environment towards sexual minorities.

Too often, homophobia becomes the language of bullying which targets anyone who is perceived as different.

Homophobic name-calling and gay bashing is bullying with a theme. Bullies who hide behind homophobic beliefs and attitudes are still bullies. In fact, law enforcement may consider homophobic bullying to be a hate incident—something that's against the law.

Who experiences homophobic bullying?

Homophobic bullying can affect anyone and may be targeted at people:

- Who self-identify as non-heterosexual.
- Who are perceived to be non-heterosexual.
- Who don't conform to conventional gender norms or stereotypes.
- Who have same-gender parented families, siblings, or caregivers.
- Who are teachers, school staff, parents, coaches and community members who are non-heterosexual.

If you find yourself the target of homophobic bullying, you may feel:

- Unsafe at school or in your community.
- Embarrassed or ashamed.
- Depressed and uncertain about yourself or your future.
- Angry and want to turn the tables and become a bully yourself.
- Stressed and often think about skipping school or activities to avoid the bullies.
- Isolated and wanting to withdraw from social activities and hide away.

These are all normal and natural feelings, but remember you can always reach out for help.



Homophobic bullying may include the following behaviours and actions:

- Hurtful name-calling
- Obscene and/or sexualized gestures.
- Sexualized teasing, taunting, or threats.
- Spreading rumors or gossip about a person's sexual orientation or gender identity.
- Unwanted disclosure of someone's sexual orientation or gender identity.
- Physical aggression such as hitting, pushing, kicking, punching, choking and stalking.
- Isolating someone from his or her friends or peer group.
- Cyber-bullying, instant messaging, and/or social networking sites to intimidate, put down, spread rumors, make fun of, threaten, or exclude someone because of their actual or perceived sexual orientation or gender identity.

If you, or someone you know is, the victim of homophobic bullying:

- 1. Tell someone you trust** – Talk to a trusted adult or friend who respects your confidentiality. This may be a teacher, Gay Straight Alliance (GSA) Chairperson, administrator, parent, relative, youth worker, counselor, coach or faith leader. Remember, you don't have to suffer in silence. Keep telling until someone helps you. No one deserves to be bullied!
- 2. Know your rights** – Durham District School Board has an Equity and Inclusive Education Policy and Safe School Policy that prohibits such behaviours. Your school has a responsibility and wants to create a bully-free environment. Everyone has the right to be respected and feel safe at school and in their community.
- 3. Stay safe** – Don't fight back. Bullies want attention and fighting back gives them what they want. If you fight back, you may get hurt or make the situation worse. If you are a bystander, go for help and provide moral and emotional support to the person being bullied.
- 4. Write down everything** – Keep a record about the incident, including the date, time, location and what was said or done. If you are being bullied online, don't delete the message. You don't have to read it, but keep it. Authorities can use this information to help protect you from further abuse.
- 5. Remain calm** – You do not have to reveal your sexual orientation or gender identity to seek help. Unless you are at risk for self-harm, your teacher or school counselor does not have to tell your family or caregiver that you are lesbian, gay, bisexual, trans-identified, two-spirited, or queer (LGBTQ). You don't have to deal with bullying on your own. Caring and trusted adults are available to help and support you.
- 6. Find support in your community** – There are GSA's now at many DDSB high schools. To find out more, speak to your school's administration and/or the Equity Department at the DDSB.

Help Break the Silence: Take a Stand Against Homophobic Bullying!

According to the 2009 Equality for Gays and Lesbians Everywhere (EGALE) Survey, three-quarters of LGBTQ students feel unsafe in at least one place at school, such as change rooms, washrooms, and hallways. In addition, three-quarters of all students reported hearing expressions such as "That's so gay" everyday in school. If homophobic bullying is not addressed, it reinforces to everyone affected that it is okay to discriminate. It also reinforces a spiral of violence and self-hatred that many youth who are bullied carry with them every day and into adulthood. When we don't speak out or intervene in homophobic bullying, our silence and inaction make us part of the problem.

For further information and support, contact your school office or the Durham District School Board's Equity Department, or visit <http://egale.ca>.