

# CINDY & EUGENE



**Take action!**  
COUNTER BULLYING IN SPORTS



LOOK AT EUGENE'S BELLY!

IT'S ROUNDER THAN A BALLOON!

PRETTY CUTE!



HEY, EUGENE, SAY HI TO YOUR UNCLE FATSO FOR ME!



HAHAHAHAHAHAHA!



DON'T PUT UP WITH INSULTS LIKE THAT. YOU SHOULD TALK TO CINDY OUELLET. SHE ALWAYS GIVES GOOD ADVICE.

YOU REALLY THINK SO? WHERE CAN I FIND HER?

OVER THERE...



SIGNING SESSION: CINDY OUELLET

MAY I ASK YOU FOR SOME ADVICE?

OF COURSE!

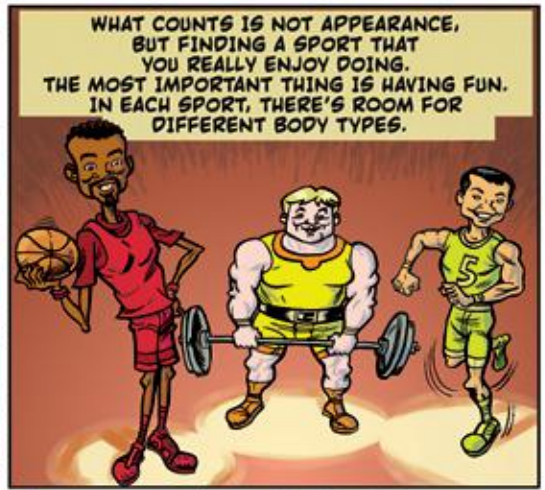


I WANT TO PLAY SPORTS BUT I'VE GOT THE WRONG KIND OF BODY.

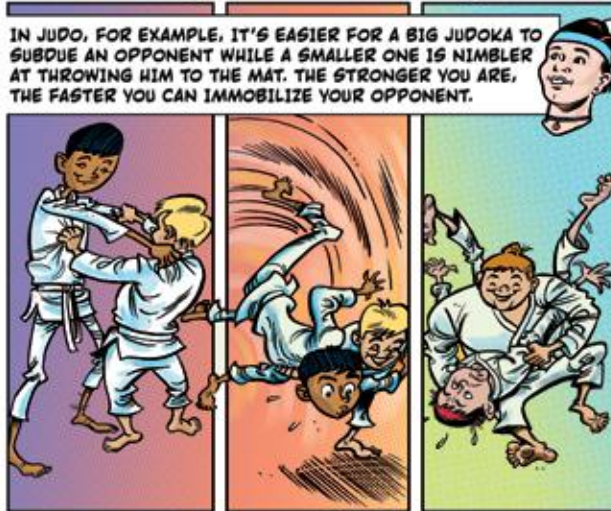
YOUR BODY SHAPE SHOULDN'T STOP YOU FROM PLAYING SPORTS.



IN SPORTS, EACH BODY TYPE HAS ITS OWN STRENGTHS.



WHAT COUNTS IS NOT APPEARANCE, BUT FINDING A SPORT THAT YOU REALLY ENJOY DOING. THE MOST IMPORTANT THING IS HAVING FUN. IN EACH SPORT, THERE'S ROOM FOR DIFFERENT BODY TYPES.



IN JUDO, FOR EXAMPLE, IT'S EASIER FOR A BIG JUDOKA TO SUBDUCE AN OPPONENT WHILE A SMALLER ONE IS NIMBLER AT THROWING HIM TO THE MAT. THE STRONGER YOU ARE, THE FASTER YOU CAN IMMobilize YOUR OPPONENT.



YOU UNDERSTAND WHAT I MEAN?

YEAH, I THINK SO.



I GET IT! CLUB DE JUDO

People who are self-conscious about their physical appearance may have to put up with a lot and can barely realize their real sports potential. **If you witness bullying**, be sure to go to the victims' aid and encourage them to get help from a grown-up they trust.

Judo Québec has formed its own **respect brigade** to counteract bullying in its sport. Consisting of ambassador members, the Brigade regards the differences between different individuals as a strength and makes sure that all judokas feel respected and included.



Despite their small sizes, Jonathan Marchessault (Golden Knights) and Brendan Gallagher (Canadiens) are both counted among the NHL's elite. And what can we say about Muggsy Bogues, who distinguished himself during his 14-season career in the NBA despite being only 1.59 metres tall!



Need help? [fightbullying.sportaide.ca](http://fightbullying.sportaide.ca)