

# edYOUcate

## WHAT IS BULLYING

Bullying is any behaviour that is repeated, unwanted, and is done intentionally to cause emotional or physical harm to someone. There are different types of bullying, some are easier to spot than others.



### SOCIAL BULLYING:

Spreading rumours.  
Mimicking someone unkindly.  
Encouraging others to exclude someone. Damaging someone's reputation.

### DISCRIMINATORY BULLYING:

Bullying someone because of prejudice against their gender, sexual orientation, religion, race, size or a disability.



### PHYSICAL BULLYING

Hitting, kicking, tripping, pinching and pushing or damaging property.



### VERBAL BULLYING

Name calling, insults, teasing, taunting, intimidation, prejudice remarks.



### CYBER BULLYING (Via social media / online / electronic device):

Sending hurtful texts, emails or posts, images or videos. Deliberately excluding others or spreading rumours online. Imitating others online or using their log-in's without permission. Sharing someone's private information or images online.

# IF YOU'RE BEING BULLIED..

1

## IT'S NOT YOUR FAULT...

If you are being bullied **it is not your fault**. There's nothing wrong with you and **no one has the right to bully you**. **You are not alone**, it affects people from all walks of life. The reason people bully others is because of things they are going through in their own lives, it is not a reflection of you in any way. **Everyone deserves to be treated kindly**.



2

## TELL SOMEONE ABOUT IT...

By **telling a trusted adult**; a teacher, support worker, parent / carer, they can try & stop it from happening again. Talking to others can also help process difficult emotions. It can be a good idea to write down each incident; when and where it happened & what was said. If you don't feel listened to at first after speaking to someone, don't give up because you are doing the right thing.



3

## BLOCK THEM, CHANGE YOUR PASSWORDS, WALK AWAY IF YOU CAN...

You are not responsible for their actions, but you can take back some control by walking / staying away from the bullies. If it is happening online, try blocking them & changing your passwords / login information. If it's in person, ask friends or someone you trust to stay close to you when the bullies are around. Remain as calm as you can, tell the bullies clearly to stop, then get away from the situation. Sometimes the bully might say they are your friend. If they make you feel bad about yourself, they are not a good friend.



4

## MEET NEW PEOPLE & TRY NEW THINGS...

When you are being bullied it can feel really lonely & be hard to trust new people again but it won't always be like this. Trying out a new activity or joining a group can help build back confidence, introduce you to new people & form friendships.



# 5

## IT WON'T BE FOREVER...



It can feel hopeless sometimes when you are being bullied, but it will get better. Remind yourself of all the people who love you and all the things you enjoy. Reach out & talk to someone when you are feeling sad. You are strong & brave no matter what anyone else says. It can get better & their words or actions do not define you or your future.



## IF YOU SEE BULLYING



Talk to the person being bullied, spend time with them & ask what you can do to help

Tell a trusted adult what you've seen or offer to go with the person being bullied to speak to someone about it.

If you are part of large friendship group, take a stand as a group against the bullies actions. It is very brave to speak out when you see bullying, but, if you do so, remember to make sure you are safe as well.

Don't laugh or join in or spread rumours that the bully tells you. If it is safe for you to do so, speak out about what you are seeing.

Educate the bully. If it is someone you know who is doing the bullying out of ignorance or prejudice, try to speak to them about what they are doing & why it is wrong.

### SUPPORT AVAILABLE

- Young Minds - <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>
- Off the Record counselling - <https://www.talkofftherecord.org/croydon/counselling/>
- Victim Support - <https://www.victimsupport.org.uk/you-co/types-crime/bullying/>
- Childline - 0800 1111, <https://www.childline.org.uk/>