

BULLYING



"No one has the right to criticise you for how your body looks, but they will.

One thing I have learned from experiencing this exact kind of criticism is that no one else can label your body except for you. No one gets to have a place in your mind if they weren't invited there by you. So please, do me this one favour, don't let their ugly words into your beautiful mind."

Taylor Swift



"I was a victim of bullying back in school. My advice is to always tell someone straight away and ask for help. Keeping it to yourself will only be more damaging in the long run."

Liam Payne



Did you know.....?

1 in 3 children experienced bullying in the past year

1 in 5 children have experienced cyber bullying in the past year

(Mental Health of Children and Young People Report (2017))

Look after yourself, make sure you are practising good self-care - For more information on this visit:

<https://www.annafreud.org/on-my-mind/self-care/>



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Bullying is behaviour that hurts someone else. It might involve someone pushing you, hitting you, calling you names or making nasty comments about you online. It can happen anywhere, at home, school or online.

Nobody has the right to hurt you or make you feel bad. It can happen to anyone at any time. The important thing to remember is that you are not alone and there are lots of things that might help.



Top Tips If You Are Being Bullied

- TALK to someone you trust – parent, teacher, friend, sibling or coach etc.
- Be assertive – Be assertive – it's ok to say “NO” firmly - stand up for yourself. Do not retaliate and walk away.
- Keep a diary/notes of what is happening – this can be used as evidence, if needed.
- If you are being cyber bullied - take breaks from social media, block and/or report people.
- Look after yourself, make sure you are practising good self-care.
- Visit a website or contact a helpline – see our suggestions below.

WHAT IS CYBERBULLYING?

With the increase of social networking sites, online activity and messaging apps, cyberbullying is on the increase. In a survey by **Ditch the Label**, 47% of young people who took the survey have received nasty profile comments and 62% have been sent nasty private messages via smartphone apps. (source Bullying UK)

Cyberbullying is any form of bullying which takes place on or via smartphones/tablets, social networking sites, messaging apps, gaming and other sites such as Facebook, Xbox Live, Instagram, YouTube, Snapchat.



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WHAT TO DO IF YOU THINK YOU ARE THE BULLY?

There is lots of helpful information for people who think they might be bullied, but what about those who are the bullies? Check out the BBC Website for some helpful information and advice:

<http://www.bbc.co.uk/newsbeat/article/34015449/how-do-i-know-if-im-a-bully>

REMEMBER, it is never ok to bully others.

GETTING HELP AND ADVICE

Services You Can Contact
for Support and Advice:



Young Minds - SHOUT -24hr crisis support – text 85258 which connects you to a trained practitioner or go to: <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

Childline - 0800 1111

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

Kooth - <https://www.kooth.com/> – online counselling

Mon-Fri 12.00pm to 10.00pm – Sat-Sun 6.00pm to 10.00pm

Samaritans - 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

The Mix - <https://www.themix.org.uk/search/bullying>

NSPCC -

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

National Bullying Helpline - <https://www.nationalbullyinghelpline.co.uk/>

Kidscape - <https://www.kidscape.org.uk/>

Bullying UK - <https://www.bullying.co.uk/>

Ditch The Label - <https://www.ditchthelabel.org/bullying-support-hub/>



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