

# BULLYING

## WHAT IS BULLYING?

If somebody physically hurts you, or verbally abuses you, that's bullying. Bullying can be a one-off or it can go on for a long time. And bullying can happen to anyone.

Specific types of bullying include:

- Homophobic bullying based on your sexual orientation
- Racist bullying because of your skin colour or ethnicity
- Religious bullying because of your beliefs or faith.
- Sizeism bullying referring to your body size
- Sexist bullying focusing on you being of the opposite sex
- Cyberbullying targeting you online, often anonymously
- Bullying because you are different



"No matter how alone you might feel, there is always someone you can talk to and someone who can help."



# GET HELP

# WITH BULLYING



## If the bullying is happening at school

Talk to your parents or carers and your teacher. Your teacher may have no idea that you are being bullied, and the school will have an anti-bullying policy to tackle it. If you feel you can't speak to your teacher, maybe a friend can do it for you. You can also speak to a school counsellor, welfare officer or nurse. In extreme cases, if bullying is interfering with your education it may be possible for you to change schools if it doesn't stop once you have reported it.

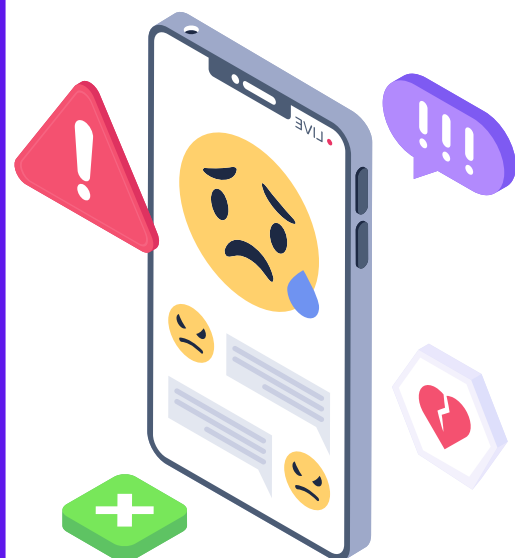


## If the bullying is happening outside school

Talk to your parents or carers, close relatives such as grandparents, aunts and uncles, or even your friends' parents. Youth workers and leaders may be able to help too.

## If the bullying is happening online

Tell a trusted adult – your parents or carers, or a teacher. You can report abusive posts on Facebook and other social media platforms. You can also report abuse to CEOP (Child Exploitation and Online Protection Centre). Keep reporting the bullying until it stops. It may not stop the first time you tell your parents or teacher and they try to stop it. If the bullying continues, tell them again. Don't put up with it. No one deserves to be bullied.



# TIPS FROM YOUNG

## PEOPLE LIKE YOU

"Your worth and who you are as a person is not defined by other people. Be yourself and you will flourish! I know it's so hard right now and everything feels like it's against you but please speak out and tell someone. Letting it out will make you feel so much better"



"Bullying is not your fault, and things can get better"



"You are worth so much more than you think. Being bullied is scary, painful and really hard - but you don't have to suffer in silence. Speak to someone you trust to let them know what is happening and together, you can work to make it better"

