

BULLYING

ADVICE FOR YOUNG PEOPLE FORMS OF BULLYING

PHYSICAL: Hitting, kicking, spitting, throwing stones or pushing.
GETTING ANOTHER PERSON TO ASSAULT SOMEONE

VERBAL: Verbal insults, name calling, racist or sexist remarks.
'Gay' or 'lesbian' used as an insult.

PERSUADING ANOTHER PERSON TO INSULT SOMEONE,
SPREADING MALICIOUS RUMOURS, OBVIOUS WHISPERING.

INDIRECT: Threatening and obscene gestures, intimidation by
staring and 'dirty looks', sending nasty or threatening text
or e-mail messages.

REMOVING AND HIDING BELONGINGS, DELIBERATE EXCLUSION
FROM A GROUP OR ACTIVITY, IGNORING

WHERE BULLYING TAKES PLACE

Bullying can happen in the
classroom, in the corridors, in
the toilets, in the school grounds,
and on the journey to or from school

NOBODY HAS THE RIGHT TO MAKE YOU UNHAPPY AT SCHOOL

HOW TO CHALLENGE BULLYING BEHAVIOUR

You can help to stop bullying in your school.

Check your own behaviour.

Refuse to be involved in any bullying situation.

Do not allow someone to be deliberately left
out of a group. Encourage a bullied pupil to
join in with your activities or groups.

IF YOU SEE SOMEONE BEING BULLIED

Do not smile or laugh

Tell a member of staff
what is happening.

If you can, tell the bully
to stop what they are doing.

If you can, show the
bully that you disapprove
of his or her actions.

IF YOU ARE BEING BULLIED, REMEMBER
IT IS NOT YOUR FAULT
THERE ARE PEOPLE WHO CAN HELP YOU

TOGETHER WE CAN
STOP BULLYING!!!



BULLYING

ADVICE FOR YOUNG PEOPLE IF YOU HAVE BEEN BULLIED

Don't blame yourself for what has happened.
Tell a member of staff in your school.
If you're scared to tell a member of staff
tell your family
on your own, ask a
friend to go with you.
Keep on speaking out until someone listens.

WHEN YOU ARE TALKING ABOUT BULLYING WITH A MEMBER OF STAFF, BE CLEAR ABOUT:

What has happened to you
How often it has happened
Who was involved and who saw what was happening
Where it happened
What you have done about it already



THE SUPPORT WHICH YOU CAN EXPECT

IF YOU TALK TO A MEMBER OF STAFF YOU CAN EXPECT:

- * To be listened to
- * Confidentiality to be respected wherever possible.
(Discuss this first if this is important to you).
- * Action to be taken (After discussion with you) in line with your school's anti-bullying policy.
- * A range of responses to be available in your school which can take your situation into account.
- * The situation to be monitored, in agreement with you.

For local support and advice visit:

WWW.LETSSTOPBULLYING.CO.UK