

Bullying

What is bullying?

Bullying can mean many different things.

These are some ways children and young people have described bullying:

- being called names
- being teased
- being pushed or pulled about
- having money and your things taken or messed about with
- having rumours spread about you
- being ignored and left out
- being hit, kicked or physically hurt in any way
- being threatened or made to feel scared

Bullying can also be part of other forms of abuse including neglect, emotional, physical and sexual abuse.

If you are being bullied in person or online, then you might think that it's your fault. It isn't.

No-one has the right to bully you. If you speak out about it, there are people who care - they will listen to you and help you.

I'm too scared to go to school - what should I do?

No-one has the right to stop you from going to school. Your school has a duty to protect you from bullying and keep you safe. Try taking a quiet moment to talk to someone you trust and tell them about the problem. That could be a teacher or someone else you feel comfortable talking to. They can get in touch with your school and work out a way to help you.

If I do what they want, will they stop bullying me?

If someone's bullying you, then going along with it will just let them know that what they're doing is working, and they will keep doing it. Try to talk to someone who can help to make it stop.

How can I protect myself from being bullied?

The best way to protect yourself from being bullied is to tell someone so that you can get some help. If you try to fight back, you might make the situation worse or get into trouble yourself.

Here are some other ideas about how you can deal with bullying. Think about your situation, and what options might be best for you.

- Don't ignore bullying - it won't go away on its own and it may get worse.
- Tell someone you trust - such as a teacher, parent or friend.
- Remember - it's not your fault. No one deserves to be bullied.

Here are some other things you might want to think about:

- Keep a record - and save any nasty texts or emails that you have been sent.

- If possible try to stay away from the bullies or stay with a group when you don't feel safe.
- Ask your mates to look out for you.
- Try not to fight back - you could get into trouble or get hurt.
- Check your school's anti-bullying policy. This will tell you what your school should do about bullying.

Beat Bullying provide children and young people and professionals help and advice about bullying. Visit www.beatbullying.org.

bullying.co.uk (formerly Bullying Online) provides practical information and advice to young people and their parents through the website and by email. Visit www.bullying.co.uk.

kidscape helps children and young people prevent bullying and child abuse. Visit www.kidscape.org.uk.

antibullyingnetwork supports anti-bullying work in schools and its website provides information about bullying and how it can be tackled. Visit www.antibullying.net.

bullybusters is an Anti Bullying Helpline that provides support for victims of bullying and their families. Visit www.bullybusters.org.uk.