

## Useful contacts

### **National Bullying Helpline**

Tel: 0845 22 55 787

### **Childline**

Tel: 0800 1111



# Overcoming Bullying





There is no shame in being bullied. Everyone is open to being bullied because it's normally about being different in some way and we are ALL different. But it is ALWAYS unacceptable and that is why we must work to overcome it.

### **Different forms of bullying**

**Verbal** - *Name calling- Offensive comments -Threatening language*

**Emotional** - *Persistent harassment – Intimidating behaviour – Damage to property*

**Physical** - *Pushing – Hitting - Being physically hurt or attacked in anyway*

**Cyber** - *Rumour spreading – Unwanted photo- Shaming*

Of course one or all of these things may be going on and they all have emotional effects.

### **What can we do?**

#### **Be Resistant and Resilient**

Bullies mainly go for the people they think are vulnerable. Even if you feel it, try not to let the bullies know it. The number one thing we can do to combat bullying is to try not be affected by other people's negative behaviour. If they think it's not affecting you they may well stop

#### **Stay Safe**

Be aware of the places where you feel most vulnerable. If you know where your bullies strike, where possible, try to avoid them. Stick with friends and keep away from risky situations, such as finding yourself in secluded areas.

#### **Speak out**

Do not suffer in silence. You need support and you may need help to stop what is happening. People who can help include **friends, family, school staff, staff at doctor's surgeries, social workers and independent help organisations**. Friends can be a great source of support and schools have a duty of care for your wellbeing but if it becomes necessary, do not be afraid to contact **the police**, as some forms of bullying, such as *stealing, damage to property, open racism, physical harm and sexual harassment* are legal issues.

#### **Keep Evidence**

This is particularly relevant to cyber bullying. Keep texts and social media comments etc. to show to whoever is helping you and any other evidence that might be useful if the police need to get involved.