

Bullying

"No one has the right to criticize you for how your body looks, but they will. One thing I've 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, One Direction

"Nobody should suffer in silence and it's a brave step for a child to speak out about bullying at school and try and get help from friends, teachers and family members."

Ashley Banjo, Diversity

What is bullying?

Bullying might involve someone pushing you, hitting you, calling you names or making nasty comments about you online. It can be physical, emotional or through cyberspace. 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.

As many as 70% of all young people have experienced some form of bullying and 1 million children are bullied every week, inside and outside of school.

Top tips if you think you are being bullied:

- Tell a teacher, parent, friend or sibling
- Say 'no' firmly, then turn and walk away
- Don't try to please the bully
- Keep a diary of what is happening
- Contact Childline - 0800 1111



What to Do If You Think You are a 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 iwonder on the bbc website for some helpful information and advice...

<http://www.bbc.co.uk/guides/zqggbgk7#z2crcdm>

Remember, it's never OK to bully others.

Getting Extra Help and Advice

Youngminds is a website written with young people in mind and also includes helpful information and resources for parents and teachers.

www.youngminds.org.uk

Childline has lots of helpful information and advice for children and young people. Their website has lots of videos and helpful advice as to what to do including:

Building confidence after online bullying video

Finding out how to deal with bullying online

Finding out how to stand up for yourself

You can contact Childline for free on 0800 1111 and they have an online counsellor available if you prefer to talk to a professional online.

www.childline.org.uk

An up to date and innovative website designed with teenagers in mind. Read about their anti-bullying campaign, develop your own self help kit and finding out about other ways to manage bullying.

www.ditchthelabel.org

