

Think about ...



# Bullying



STAND UP TO  
THE BULLIES -  
THEY'RE WRONG  
IN HOW THEY  
TREAT OTHERS



Texting a  
comment is just  
as bad as saying it

Once  
I told.....  
**it STOPPED!**



Think about ...



# Bullying

Bullying is **WRONG**.

It is a horrible experience. Being bullied can make you feel very unhappy. People can be bullied in different ways - through teasing, threats, spreading rumours, physical attacks, or making a person feel cut off by leaving him or her out. Bullying can also be carried out by texting or posting photographs and comments on social networking sites, by one person or a group of people.

No-one has the right to treat you this way. Bullies are crafty. They are clever at trying to get away with it and often hide behind others to avoid getting into trouble.

If you are being bullied at school tell a teacher. If you get bullied on your way home from school, walk home with a group of friends or get an adult to collect you at the gate.

If you are being bullied via a mobile phone change your phone number. If you are being bullied via a social networking site block the

person. If this doesn't work you can report the incidents to the telephone and network providers.

It is very important that you talk to someone about what is happening. If no-one knows, no-one can help you. Always ask for help until things are sorted out. Speak to a parent, a teacher or your school counsellor.



## **NO-ONE LIKES BULLIES.**

They are lonely and insecure.  
They are motivated by  
wanting to be liked and popular.

## Check out these other sources of support

### Helplines:

Childline 0800 1111

Lifeline 0808 808 8000

Samaritans 0845 790 9090

### Useful Websites:

[www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/bullying/bullying-at-school.htm](http://www.nidirect.gov.uk/index/information-and-services/young-people/health-and-relationships/bullying/bullying-at-school.htm) - tells you about bullying and what to do about it

[www.childline.org.uk/Explore/Bullying/Pages/Bullyinginfo.aspx](http://www.childline.org.uk/Explore/Bullying/Pages/Bullyinginfo.aspx) information about bullying and what you can do about it

[www.beatbullying.org/index.html](http://www.beatbullying.org/index.html) - loads of info on bullying and other websites

[www.nhs.uk/Livewell/Bullying/Pages/Bullyingfacts.aspx](http://www.nhs.uk/Livewell/Bullying/Pages/Bullyingfacts.aspx) includes information on cyberbullying

[www.kidscape.org.uk/childrenteens/index.asp](http://www.kidscape.org.uk/childrenteens/index.asp) - advice on how to deal with bullying

[www.endbullying.org.uk](http://www.endbullying.org.uk) - gives access to lots of info and advice