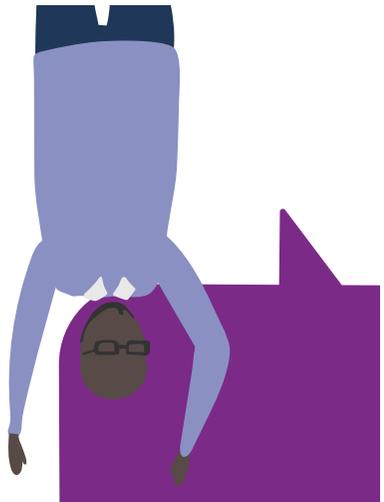


Help Stop Bullying

#STANDUPSPREAKOUT



What You Can Do...

Tell Someone! Once you have identified who you would like to speak to (parent, teacher, close friend, sibling etc.), it will be important to have all the details to tell/show them - what has been happening, who was involved, where did the bullying take place. Don't allow anything the bully says about you to take root in your mind. If you allow this to happen, you will believe them and be robbed of your self-confidence and the bully would have won.

Stand Up For Others - Everyone has a part to play in stopping bullying. If you see it happening to someone else, offer them support and remember it is important to tell someone. By doing nothing, you are sending a message to the bully that their behaviour is acceptable - and it isn't!

Be a Positive Role Model - Treat other people with respect and kindness and encourage others to do the same. You won't like everyone you meet or be friends with everyone but we all deserve respect. Never bully another or join in with bullying behaviour - on or offline.

DON'T BE PART OF THE PROBLEM BE PART OF THE SOLUTION!



Bullies Out
www.bulliesout.com

To find out
to more visit

Tell Someone.
is important. By thinking through a plan you will have a voice in the solution.

Help Raise Awareness - There are many ways you can raise awareness of bullying. Talk about it at school. Maybe you could deliver an assembly with some of your peers. Working together as a team, you can support each other to instigate social change.

Report It - If you're being bullied or you see it happening to someone else, it is important to report it. Standing up to a bully is frightening. Telling someone is frightening - but if we don't do this, the bullying will continue. People cannot help if they don't know what is happening.

Understanding Bullying



Further Help and Information
If you find it hard to speak to someone you know, BulliesOut have a team of trained Mentors available to speak to you online. Drop them an email -
mentorsonline@bulliesout.com

Become a **BulliesOut Anti-Bullying Ambassador.**
Further information can be found under the **Get Involved** section of our website.
www.bulliesout.com

Bullies Out
Registered Charity Number 1123070

Bullying is the wilful, conscious desire to hurt, threaten or frighten someone. It is when someone or several people do or say unpleasant things to you or keep teasing you in a way that you don't like.

The Effects of Bullying

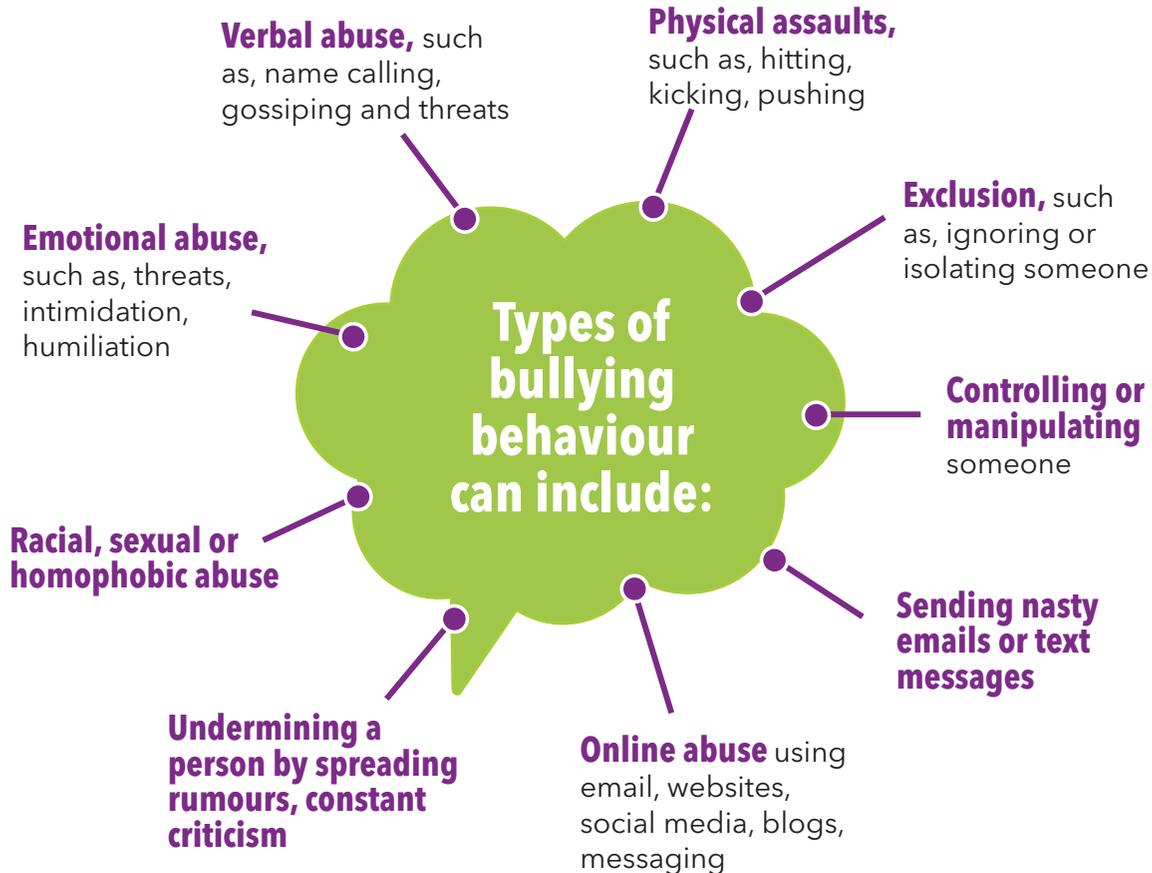
Although there are three main groups that are affected by bullying - those who are bullied, those who bully and the bystanders who see it happen, bullying encompasses and affects the entire school community, families and friendship groups.

Bullying creates a culture of fear and has a negative impact on everyone involved. One incident of bullying behaviour is serious enough but when it is persistent over a period of time it becomes a devastating problem. The detrimental impact bullying can have on the physical, emotional, academic, social and personal well-being of a person cannot be underestimated. Bullying causes great distress which can continue right through adulthood.

The 4 Forms of Bullying

BULLYING GENERALLY TAKES ON ONE OF FOUR FORMS:

PHYSICAL, VERBAL, INDIRECT AND ONLINE



Am I Being Bullied?

Bullying can happen to anyone and it's not always easy to recognise if it is happening to you. Read the following questions and see if any apply to you. This list is not exhaustive and more can be found on our website.

- Does anyone make nasty comments to or about you?
- Are you being made fun of for how you look or act?
- Do you feel alone or isolated at school?
- Has anyone spread spiteful and/or untrue rumours about you?
- Are you purposely excluded from a group?
- Has anyone physically hurt you on purpose?
- Do you ever receive nasty emails and/or text messages?
- Do you ever feel anxious and afraid about going to school?

The more questions you answer yes to, the more likely it is you are being bullied. The first thing to understand is no-one deserves to be bullied and you have the right to be safe. Secondly, you are not alone. There are people who are able to help you. Thirdly, it is important to talk to a trusted adult and tell them what has been going on.