

Without support, a person who is experiencing bullying and the accompanying fear will not be able to consistently learn, retain information and be an active, engaged member of the school/work community. Furthermore, a person who is bullying may fail to understand the consequences of their actions, struggle to manage feelings of anger or other experiences that result in bullying behaviour

Bullying has long been clouded by a fog of silence and a 'culture of telling' needs to be created. Bullying is a very stressful ordeal - one that many people find it hard to speak about. However, children and young people, parents and professionals need to feel confident that if reported, bullying will be dealt with appropriately.

It's time to talk about bullying

BulliesOut understands how bullying can make a person feel.

We work to engage and empower young people to develop a positive ethos across a whole school/organisation community, inspiring them to create an environment that meets the emotional, academic and social needs of pupils and staff. It is important to create Anti-Bullying systems that meet students, parents and staff goals for a safe, respectful setting. Creating an anti-bullying and respectful ethos is a powerful way to **Inspire Change** and **Make a Difference**.

Need some support? 

MENTORSONLINE@BULLIESOUT.COM

(please note, this email is for support only and is not our general email address)

EDUCATION:

Through our innovative, interactive workshops and training programmes, we use our experience, energy and enthusiasm to focus on awareness, prevention, building empathy and positive peer relationships all of which are crucial in creating a nurturing environment in which young people and staff can thrive.

AWARENESS:

Bullying is often talked about but can also be misunderstood. Developing a fuller awareness of how bullying can manifest, how it can be prevented and how it should be dealt with, will help both sufferers and perpetrators disengage from the bullying cycle.

TRAINING:

BulliesOut provides unique and interactive training courses for youth, education professionals, parents and the workplace. Our training courses can be delivered in-house and are also run as open courses. We can tailor trainings to meet the needs of your beneficiaries, exploring a range of mentoring and anti-bullying themes.

SUPPORT:

People who are bullied or bullying need support and specific, practical tools to move beyond the position they find themselves in. BulliesOut is a time-limited, solution focused anti-bullying service which provides just that.

BulliesOut 

Registered Charity Number 1123070

BulliesOut 

**BULLYING
HURTS ...**
Inside and Out



Whilst bullying is widespread throughout our schools, it can happen anywhere and to anyone and many people describe bullying as the most awful thing that has ever happened to them.

The word bullying may encompass many things, including being called names, being physically hurt, having money and/or possessions stolen or being made to feel humiliated. Online bullying (bullying via the internet and/or mobile phones) adds a new and disturbing dimension to the already serious issue of bullying. Thanks to online bullying, children and young people can now be persecuted in their own homes as well as at school or in the street.

Although each individual's experience of bullying is different, it is important to clarify what bullying is and how it differs from other forms of abuse or anti-social behaviour.

At BulliesOut, we define bullying as

'the wilful, conscious desire to hurt, control, threaten or frighten someone. It is when someone or several people, repeatedly over a period of time, do or say unpleasant things to another person or group of people or keep teasing them in an unwanted way.'

Isolated incidents of upsetting or hurtful behaviour should not be identified as bullying.

Bullying Behaviour

Within our society, bullying has taken on epidemic proportions, with over half of the UK's children and young people reporting that they are bullied.

There are many types of bullying behaviour, including:

INDIRECT:

Dirty looks, exclusion, malicious gossip, starting or spreading rumours, intimidation. Indirect bullying is also called Emotional Bullying. As it can be very covert, it can be the most difficult to deal with and the hardest to prove.

ONLINE:

This is the term used to refer to bullying and harassment by use of technologies through means of email, instant messaging, text messages, blogs, mobile phones, pagers and websites. As most young people now have access to technology, this form of bullying can be 24/7.

PHYSICAL:

Hitting, kicking, punching, slapping and other forms of violence. It also includes destroying personal belongings.

VERBAL:

Name-calling, teasing, sarcasm, taunts, threatening language, nasty comments and offensive and/or sexual remarks.

Find Out More

MAIL@BULLIESOUT.COM

WWW.BULLIESOUT.COM

BULLYING HAS NO GENRE AND IS NOT PART OF GROWING UP!

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. At best, bullying causes great distress which can continue right through adulthood. At worst, bullying can lead to self-harm and suicide.

Persistent Bullying can result in:

- Depression
- Low Confidence/Self-Esteem
- Loneliness
- Isolation
- Fear
- Poor academic achievement
- Poor social skills
- Truancy
- Self-harm
- Threatened or attempted suicide

One of the most traumatic times in a person's life can be if they are bullied. The most damaging aspect of bullying is its repetition. Bullies are often relentless, bullying over and over again for long periods of time. Sufferers live in constant fear of where and when the bully will strike next, what they'll do and how far they'll go. Online bullying has made this even worse because it can be witnessed by many more people and continue around the clock.