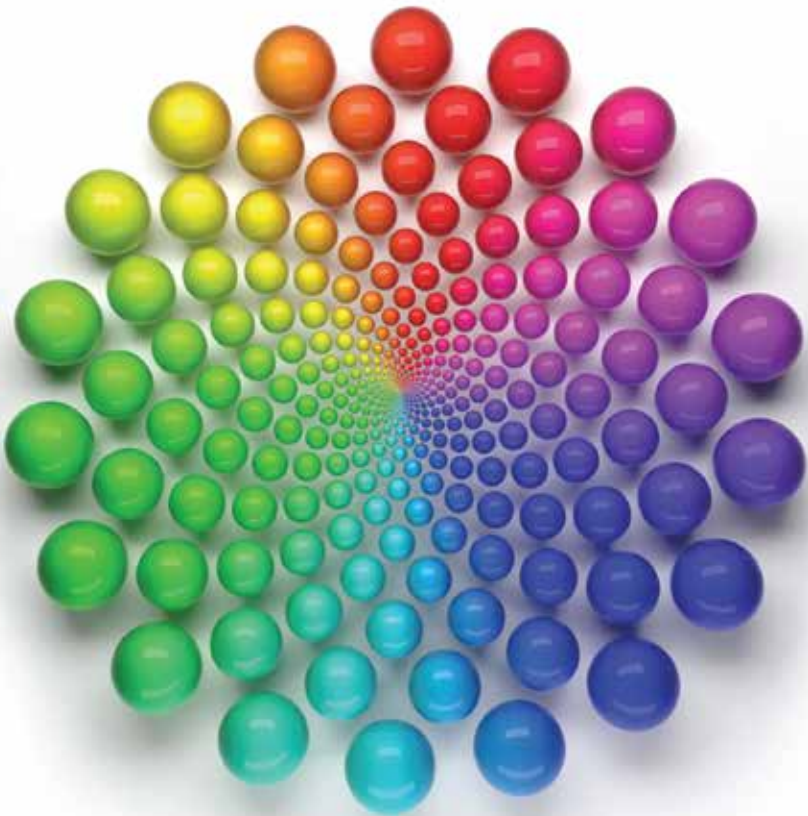




Self Help Journals



Bullying

Bullying is defined as...

when a person intentionally inflicts injury or discomfort upon another person, through physical contact, through words or in other ways.



What is bullying?

There is no legal definition of bullying. But it is usually defined as repeated behaviour which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

Bullying can take many forms including:

- physical assault
- teasing
- making threats
- name calling
- cyber bullying

Bullying can happen anywhere: at school, travelling to and from school, in sporting teams, between neighbours or in the workplace.

Bullying includes:

- people calling you names
- making things up to get you into trouble
- hitting, pinching, biting, pushing and shoving
- taking things away from you
- damaging your belongings
- stealing your money
- taking your friends away from you
- posting abusive messages or pictures online (cyber bullying)
- threats and intimidation
- making silent or abusive phone calls
- sending you offensive phone texts/images (cyber bullying)
- bullies can also frighten you so that you don't want to go to school, so that you pretend to be ill to avoid them



What is cyber bullying?

“Cyberbullying: The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature”.

Examples include:

- your social media account might have been hacked and fake messages written
- someone may have posted nasty images/messages about you online
- you may have received nasty texts on your phone
- you may have been playing an online game and someone is harrasing you or being abusive
- someone might be sending pornographic images to you without your permission
- someone keeps harrasing you to talk with them online
- strangers are contacting you via social media and encouraging you to send them rude pictures or meet with them



How to deal with bullying at school?

If you are being bullied at school, tell a friend, tell a teacher and tell your parents/carers. It won't stop unless you do. It can be hard to do this so if you don't feel you can do it in person it might be easier to write a note to your parents explaining how you feel, or perhaps confide in someone outside the immediate family, like a grandparent, aunt, uncle or cousin and ask them to help you tell your parents what's going on.

Your form tutor needs to know what is going on so try to find a time to tell him or her when it won't be noticeable. You could stay behind on the pretext of needing help with some work. If you don't feel you can do that, then speak to the school nurse. Don't be tempted to respond to any bullying or hit back because you could get hurt or get into trouble.

If you feel like a teacher is bullying you then tell your parents/carer/ other relative that you know you can talk to.

How to deal with cyberbullying?

Talk to someone you trust. This could be a teacher, parent, carer or friend. Schools have a responsibility to ensure students aren't bullied, and they can take action even if the bullying is happening outside school. You can also call one of our useful contacts on the back page.

Report the bullying to the internet service provider (ISP) if the bullying happened online. Ask a parent or teacher for help, or look at Chatdanger for safety advice about mobiles and internet use.

Report the bullying to your mobile phone provider if you've received bullying texts or calls on your mobile. You may even have to change your number if you're repeatedly bullied.

Block instant messages and emails. Ask a parent or teacher for help, or visit Chatdanger for advice on how to do this.

Report serious bullying, such as physical or sexual threats, to the police.

THE DON'TS

Don't delete the upsetting emails or messages.

Keep the evidence. This will help to identify the bully if the bullying is anonymous. Even people who use a false name or email can be traced.

Don't reply. This is what the bully wants, and it might make things worse.

How to avoid being cyberbullied?

The best way to avoid being cyberbullied is to use the internet and mobile phones carefully.



Don't give out personal details, such as your phone number or address.



Think carefully before posting photos or videos of you or your friends online.



Only give your mobile number to close friends.



Protect passwords, and never give your friends access to your accounts.



Use the privacy settings on social media.



Don't forward nasty emails.



Learn how to block instant messages or use mail filters to block emails.



Know how to report bullying to social media sites, internet service providers or website administrators. Ask a parent or teacher for help, or look at the advice on Chatdanger.

Are you a bully?

People who bully others often find it hard to ask for help. They may be worried they'll get into trouble with their teachers or they'll be bullied themselves.

It takes courage to stop being a bully. Just because you've started bullying doesn't mean you have to continue. Help with bullying isn't just available to people who've been bullied. Many anti-bullying support groups also help people who are involved in bullying themselves.

Talk to a parent, teacher or an older pupil who you get on well with. Your school should be able to help you. Some schools have peer support schemes, where older children are trained to help younger children deal with bullying. Peer support is also usually available to children and young people who say they're bullies.

**"There is more
pleasure in being kind
than in being a bully!"**

If you're worried about being judged and don't want to speak to anyone you know, you can get help by contacting one of our contacts on the back page.

Why do people bully others?

There are many reasons why people bully others. It may be that they're unhappy and are taking it out on someone else. Many people who bully have low self-esteem, and bullying can be a way of coping with this. In some cases, people who bully are also being bullied themselves.

Others are encouraged to bully by their friends and do it because they don't want to be left out. Some people pick on others because they're looking for attention or because they're feeling jealous.



What should you do if you see someone being bullied?

If you witness a bullying incident, it's important to do something. Don't just walk away and ignore it. You can tell the bullies to stop doing it as long as you're not afraid it will lead to a confrontation.

The best thing to do is talk to someone, such as a teacher, parent or friend. If you're worried about doing this, leave an anonymous note for the teacher explaining the situation. Then the teacher will at least be aware of what's going on.

Cyberbullying can be just as hurtful as other kinds of bullying. If you know it's happening, tell someone you trust. How people behave online should reflect how they behave face to face.



SKETCH PAGES



IDENTITY-THE BULLY

They all try to look the same
all try to give themselves a name
pick on the boy who is all alone
just because his identity is his own
what has this world come to?
all this wrong that people do
just for the image they want to show
down the evil path they seem to go

The next person you go to hurt
or try to make feel like dirt
instead of trying to look cool
feel for the guy you make look a fool

A cool identity isn't a need
let those you bully be freed
Your identity should be your own
A better person you will be known.

-Jon Evans



Help!
I am being
bullied

Share It 

SKETCH PAGES



I WILL NOT BE BULLIED



If someone says you are not good enough

KNOW YOU ARE!

SKETCH PAGES



Bullying Hurts

You make me shout and always cry
Why won't you please just tell me why
You always think you're really cool
Don't you know, you're just a fool
I know that you are jealous of me
I wish that you'd just leave me be
Never before have I felt such pain
I wonder if it's your middle name
You think I'm weak but really I'm strong
The things you do are truly wrong
Today I'm going to tell someone
Then your evil plan will be undone

By Sarah McArdle, Hampshire

COURAGE

doesn't always ROAR.

Sometimes courage is that quiet voice at
the end of the day saying
"I WILL TRY AGAIN TOMORROW."



SKETCH PAGES



SKETCH PAGES





**You Are
NOT ALONE!**

**Don't hold it in,
share it!**

Useful Contacts

Service Six - A charity which offers free support, advice and professional counselling to young people living in Northamptonshire.

www.servicesix.co.uk

Text: 07833 305273

Helpline: 03332 400716

Email: help@servicesix.co.uk

BullyingUK - Provides free advice and support about being bullied and bullying

Tel: 0808 800 2222

www.bullying.co.uk

Samaritans – Samaritans provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings

Tel: 0845 7909090

www.samaritans.org.uk

Childline – Childline is the free helpline and online service for children and young people in the UK.

Tel: 0800 1111

www.childline.org.uk

Young Minds – Young Minds is a charity committed to improving the emotional wellbeing and mental health of children and young people.

Tel: 02070895050

www.youngminds.org.uk

Other Self Help Journals Available

**Anger Management
Emotional Abuse
Domestic Abuse
Physical Abuse
Self Harm
Self Image
Sexuality
Sexual Abuse
Sexual Exploitation**

**Service Six
26 Rock Street
Wellingborough
Northamptonshire
NN8 4LW**

T: 01933 277520/273746

W: servicesix.co.uk

E: help@servicesix.co.uk

Registered Charity Number: 1132490

Registered Company Number: 06740611 (CLG)