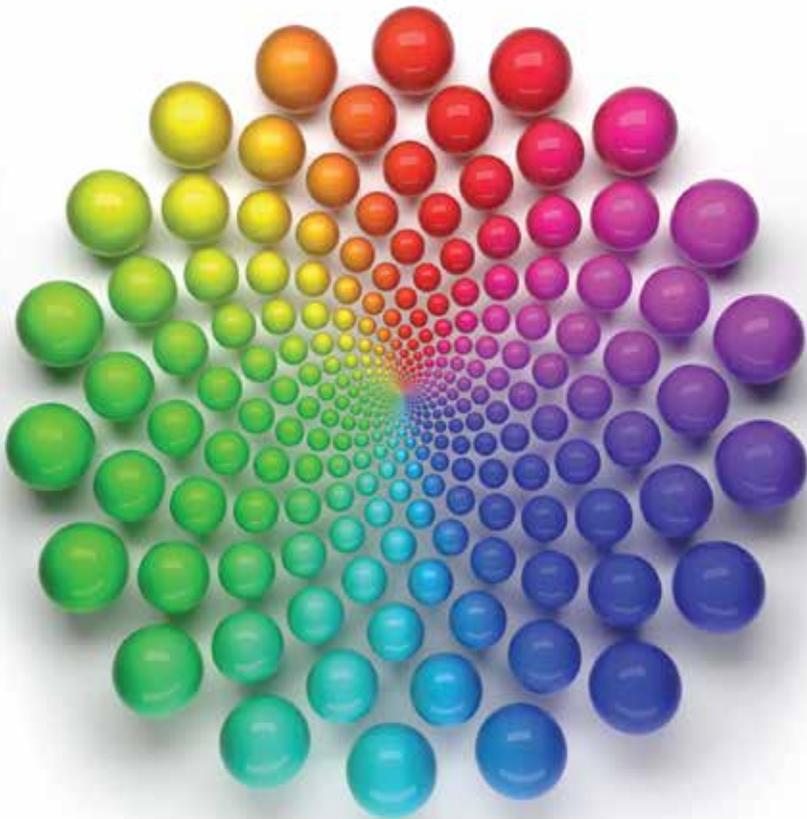




Service Six

Changing Lives • Creating Futures

Self Help Journal



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?

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Bullying includes:



What is cyber bullying?

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Examples include:



How to deal with bullying at school?

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How to deal with cyberbullying?

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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?

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Are you a bully?

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

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Why do people bully others?

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U @

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What should you do if you see someone being bullied?

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@ _____
_____ u _____

_____ @ _____
_____ = _____



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!**

Other Self Help Journals Available

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

**Service Six
15 Sassoon Mews
Wellingborough
Northamptonshire
NN8 3LT
T: 01933 277520
W: servicesix.co.uk
E: referrals@servicesix.co.uk
Registered Charity Number: 1132490
Registered Company Number: 06740611 (CLG)**