



# Bullying Information for Children and Young People

# The Government defines bullying as...

*"Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally."*



A good way to remember this is;

**S**EVERAL

**T**IMES

**O**N

**P**URPOSE

**S**TART

**T**ELLING

**O**THER

**P**EOPLE

If you have been bullied it's not your fault!

## What to do if you think you have been bullied...

- Tell someone.
- If it continues - tell again.
- Write it down.

## What to do if you see someone else being bullied...

- Tell them to stop (if you feel it is safe to do so).
- Tell someone – get help.
- Encourage the person who has been bullied to tell someone.

## Cyberbullying

Cyberbullying is a 'method' of bullying, rather than a 'type' of bullying. It includes bullying via text message; via instant messenger services and social network sites; via email; and via images or videos posted on the internet or spread via mobile phone.

If you don't feel comfortable telling someone you know call Childline!

**0800 1111**

The Anti-Cyberbullying Code

- Always respect others.
- Think before you send.
- Block the Bully.
- Save the evidence.
- Make sure you tell.
- Treat your password like your toothbrush
- - don't let anyone else use it

## Useful Websites

**Bullying UK**

[www.bullying.co.uk](http://www.bullying.co.uk)

**Bullying.org**

[www.bullying.org](http://www.bullying.org)

**Childline**

[www.childline.org.uk](http://www.childline.org.uk)

**Kidscape**

[www.kidscape.org.uk](http://www.kidscape.org.uk)

**Beat Bullying**

[www.beatbullying.org](http://www.beatbullying.org)