



Supporting children and young people affected by bullying

www.bullying.co.uk



Bullying statistics

81% of young people experience name calling

50% were bullied because of appearance

90% said that bullying happened at school

68% said that bullying has had a huge impact on their self esteem

"It's unexplainable but it gives you a generally bad feeling about yourself. Whatever I do they just manage to hate me for it."



Types of bullying

Physical (when someone pushes you, hits you or harms you in any way physically)

Name calling (using insults and offensive nicknames)

Social (leaving out, fake rumours, damaging a person's reputation, excluding others, online and offline)

Cyberbullying (being bullied online, via social networks, apps, messenger and phones)



How bullying can make you feel

- Depressed
- Anxious
- Isolated
- Withdrawn
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Blame themselves



The scars bullying can leave - task



How might they react?

- Self-harm
- Feel depressed
- Suicidal thoughts/attempts of suicide
- Withdraw socially and stop going out
- Avoid social media or messenger
- Feel anxious about going to school
- Be very angry and be aggressive
- Bully others
- Develop an eating disorder



What about how bullying affects other areas of life?

- Family life
- School work
- Relationships
- Friendships
- Socially
- Emotional well-being
- Future relationships



What are the main effects of bullying - task

Type of bullying	Why does it happen?	How does it make a person feel?	How can this affect their life?
<p>Example:</p> <p><i>Calling someone “an idiot” constantly</i></p>	<p><i>To intimidate someone</i></p>	<p><i>Anxious and depressed</i></p>	<p><i>Not go to school</i></p>

How to get the bullying to stop

- Report the bullying to a teacher or someone at school you feel safe with
- Tell a parent or a family member
- Be assertive with the bully and say their name calling is boring or making them look stupid but not aggressive
- Ignore it and walk away with no reaction
- Keep a diary



True or false

1. You can spot a bully from the way they look and act?
2. Cyberbullying can only affect someone if they are online and have an account too
3. Bullying is a normal part of childhood and you should just ignore it
4. Bullying only happens in schools
5. Reporting a bully will make things worse
6. It is easy to spot the signs of bullying
7. It is not bullying if someone deletes the comment or post



How we can help

- Free helpline **0808 800 2222**
- Advice on our website www.bullying.co.uk
- **Twitter:** @BullyingUK
- **Facebook:** www.facebook.com/bullyinguk

*Through life's ups and downs,
we're with you, all the way*

