

TELL ME ABOUT..

the facts

Bullying can take many forms but all bullying is unacceptable and should be reported. Others might call it banter but if it makes you feel bad it is wrong. 69% of children in the UK say they have experienced bullying.

There are various types of bullying including:

Physical bullying: when a child is hit, pushed and shoved or their belongings thrown around.

Verbal bullying: name calling, racist and sexist comments, foul language and unkind jokes.

Relational bullying: being left out from a group or having nasty gossip passed around about you. Young teenagers especially suffer from this type of bullying.

Cyberbullying: online harassment through social media websites and mobile phone apps. Between a quarter and 75% of secondary-age young people have experienced this. Sometimes young people are tricked into sending or allowing others take rude or indecent photos of them. If you are threatened that someone will show others you must tell an adult. It is not your fault and keeping quiet will only make things worse.

It is important to tell someone and not keep it to yourself, despite what threats are made against you.

You will be safer after you have reported it to adults, even if you are scared of the consequences.

Telling someone will get it stopped.

IF YOU NEED

HELP NOW!

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on 0800 1111, **Samaritans** on 116 123 or **HopeLine UK** on 0800 068 41 41.

If you want to end your life call 999 immediately to get help.

Bullying

useful contacts

Childline

Tel: 0800 1111

National Bullying Helpline

Tel: 0845 2255 787

www.nationalbullyinghelpline.co.uk/kids.htm

Kidscape

www.kidscape.org.uk

Cybersmile (online bullying)

www.cybersmile.org

EACH (homophobic bullying)

Tel: 0808 1000 143

www.eacheducation

other contacts

Help on any other issues that affect young people can be found at:

CAMBS

<http://www.youthoria.org>

LINCS

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

NORFOLK

<https://www.whatsthe dealwith.co.uk>

NATIONAL

www.youngminds.org.uk