

BULLYING



A surprising number of children and young people are bullied - in fact when you start asking people about it you are likely to learn that just about everyone has been bullied at some time in their life – by brothers and sisters, neighbours, adults or other children.

So is someone bullying you?

- Is someone attacking you with words (name calling, spreading rumours, constant teasing)?
- Is someone attacking you physically (pushing, kicking, hitting, pinching)?
- Is someone threatening you?
- Is someone tormenting you, making fun of you, sending you to Coventry
- Is someone sending nasty messages to you by text or calls to your mobile? *

If any of these things are happening to you then you are being bullied.

If you are being bullied then it has got to stop
No one deserves to be bullied
Remember it is not your fault!

If you are being bullied you are probably feeling scared, vulnerable and alone and pretty helpless about it. But there is something you can do about it

Firstly don't keep it to yourself - **tell someone about it!** A friend can support you and you won't feel so alone. Also try and talk to your Mum, Dad or whoever looks after you about it.

If the bullying is at school, find out if your school has an anti-bullying policy (system) and use it. If you are unsure about how the policy works ask a teacher.

Even if your school seems to ignore bullying there are other things you can do.

For lots of ideas and advice about this click on

www.kidscape.org.uk/childrenteens

Also take a look at

<http://news.bbc.co.uk/cbbcnews/hi/static/guides/bullying/bullying.stm> where you will find a good cartoon about bullying.



A recent survey found that a lot of children and young people have received threats by **text and e-mail**.

- Always be careful who you give your e-mail address and mobile number to

but if you do receive such threats you don't have to put up with them –

- tell someone,
- change your e-mail address,
- change your mobile phone number (On Pay as You Talk, Orange let you do it for free).
- make a note of the times and dates of the messages and report them to the police.