

What is bullying?



Bullying is...



'the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.'

Types of bullying



Verbal

Name-calling and persistent teasing. Mocking and laughing. Taunting and threatening.



Physical

Pushing, shoving, kicking, hitting, pinching and other forms of violence. Taking or damaging possessions. Making people do things they don't want to do.

Types of bullying



Emotional

Excluding, tormenting, ridiculing, humiliation, setting people up and spreading rumours.



Cyber bullying

Bullying texts or emails. Abuse on social networking sites. Sharing of embarrassing photos and web based attacks

Bullying can be...

Racist - discrimination based on ethnicity, skin colour, language, religious or cultural practices.

Sexual - unwelcome sexual advances or remarks that are intended to cause offence, humiliation or intimidation.

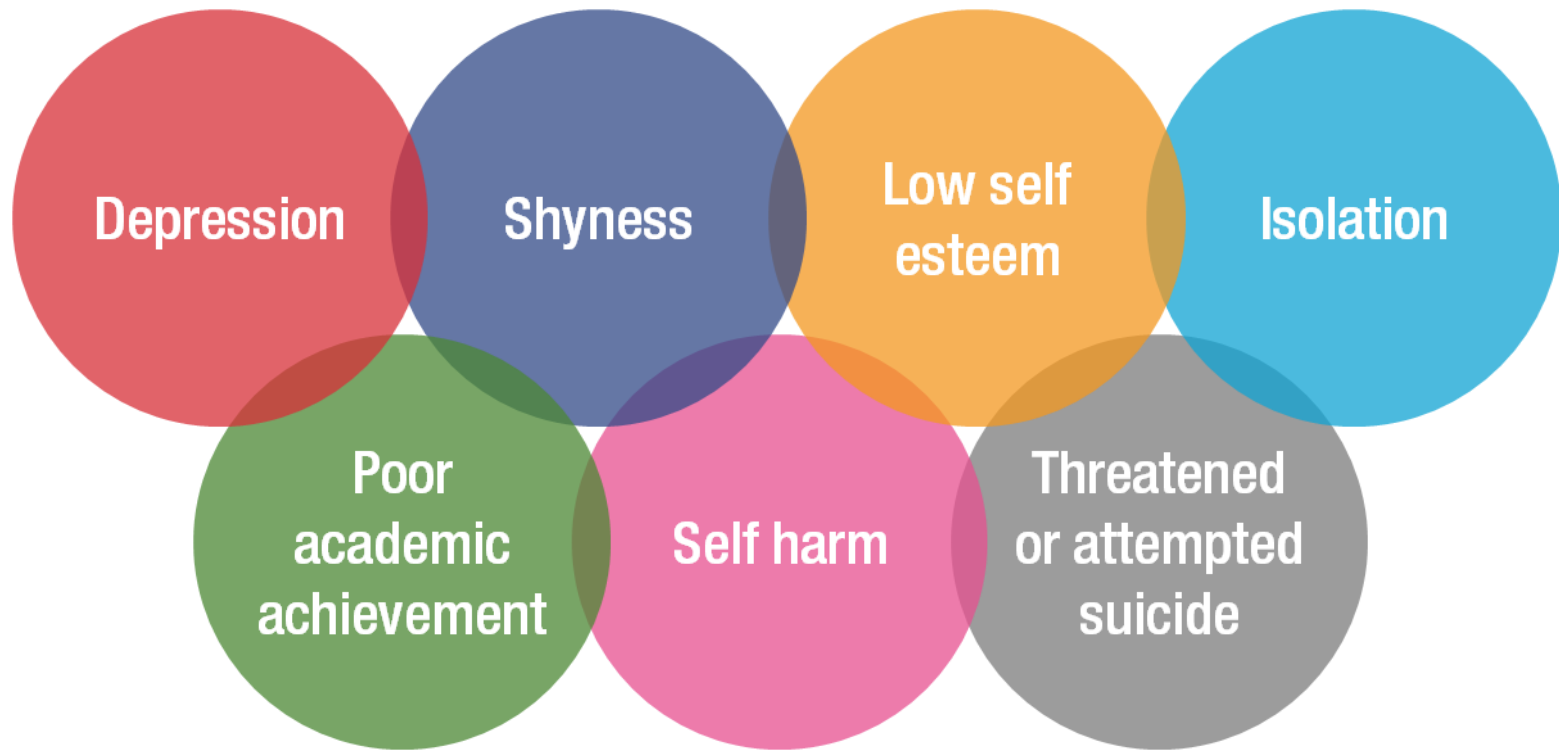
Homophobic - discrimination based on sexuality and gender identity.

Bullying can be...

Disablist - the bullying of those with special educational needs and disabilities.

Discriminative - bullying based on any perceived difference such as those in fostering or care homes, young carers, those with disabled siblings or parents, diverse family set ups or those with different economic backgrounds than their peers.

How can bullying affect people?



Why are some people bullied?

It could be because they...

- look like they won't fight back.
- have low amounts of confidence or self-esteem.
- are seen to lack humour or be oversensitive.
- are shy and sometimes withdrawn.
- are talented: people are jealous of them.
- have an obvious difference.

NO REASON AT ALL! NOBODY DESERVES TO BE BULLIED.

Why are some people bullied?

It could be because they...

- have an obvious difference.

83% of young people with learning difficulties have experienced bullying at some point during school.

What can you do if you or someone else is being bullied?

- ✓ Tell someone you trust (a parent/carer, a teacher, a friend).

What can you do if you or someone else is being bullied?

- ✓ Don't give your personal and/or online contact details to people you do not trust.
- ✓ Keep any nasty messages or emails as evidence, and show them to someone you trust.
- ✓ Don't be a bystander. If you witness bullying, **TELL** someone.