



SCHOOL BULLYING BOOKLET 2010



What is Bullying?

Bullying is when someone keeps on doing or saying things to have power over another person.

Calling people names

Writing nasty things

Saying nasty things

Taking or damaging other people's things

Not talking to someone

Hitting or kicking people

Threatening people

Making people do things they don't want to do

Bullying is when someone keeps on doing or saying things to have power over another person.

Why Do People Bully?

- ❖ They see it as a way of being popular, or making themselves look tough and in charge.
- ❖ Some bullies do it to get attention or things.
- ❖ Some bullies do it to make people afraid of them.
- ❖ They might be jealous of the person they are bullying.
- ❖ They may be being bullied themselves.

Some bullies may not even understand how wrong their behaviour is and how it makes the person being bullied feel.

Why Are Some People Bullied?

Some young people are bullied for no particular reason, but sometimes it's because they are different in some way. Perhaps it's the colour of their skin, the way they talk, their size or their name. Sometimes young people are bullied because they look like they won't stand up for themselves.

Why is Bullying Harmful?

Some people think bullying is just part of growing up and a way for young people to learn to stick up for themselves. But bullying can make young people feel lonely, unhappy and frightened. It makes them feel unsafe and think there must be something wrong with them. They lose confidence and may not want to go to school anymore. It may make them sick.

What Can You Do If You Are Being Bullied?

- ❖ Spend time with your friends – bullies hardly ever pick on people if they're with others in a group.
- ❖ Try ignoring the bully, tell them to stop and walk away whenever the bullying starts.
- ❖ Always tell an adult you can trust. This isn't dobbing – you have a right to be safe and adults can do things to get the bullying stopped. If you find it difficult to talk about, perhaps you can write down what's been happening and give it to an adult instead.

What Can You Do If Someone Else Is Being Bullied?

- ❖ If you see someone else being bullied you should always try to stop it. If you do nothing, you're saying that bullying is okay with you.
- ❖ It's always best to treat others the way you would like to be treated. You should show the bully that you think what they're doing is stupid and mean. Help the person being bullied to tell an adult they can trust.