

BULLYING

Bullying can mean many different things.

These are some ways children and young people have described bullying:

- being called names
- being teased
- being pushed or pulled about
- having money and other possessions taken or messed about with
- having rumours spread about you
- being ignored and left out
- being hit, kicked or physically hurt in any way
- being threatened or intimidated

Bullying can also be part of other forms of abuse, including neglect, emotional, physical and sexual abuse, so it can take many different forms.

Due to advancing technology most people have access to the internet for chat rooms such as MSN and facebook and most people have phones. This is unfortunately an ideal place for bullying to take place. Unlike in person the bully has no restrictions and with no time limits, they are able to bully them at home, in town and at school, it can be non stop. This form of bullying is known as Cyber Bullying which can, in some cases, be more damaging than face to face contact with a bully.

If you are being bullied in person, via text message or online, then you might think that it's your fault. It isn't.

No-one has the right to bully you. If you speak out about it, there are people who care and they will listen to you and help you.

You can make it stop by speaking out and telling somebody, or if you know someone who gets bullied, help them by telling a teacher or parent.

Here are some useful links which give you more information about bullying:

www.kidscape.org.uk

www.bullying.co.uk

www.direct.gov.uk

www.childline.org.uk