

Bullying Info

Most of us have a good idea about why bullying happens, it can be because of:

- ⇒ AGE
- ⇒ DISABILITY
- ⇒ GENDER
- ⇒ SEXUALITY
- ⇒ RACE
- ⇒ RELIGION/BELIEFS

You must always remember...

IT'S NOT YOUR FAULT!

Bullying can come in many different forms:

- Fighting
- Name calling
- Exclusion from a group
- Personal possessions stolen or damaged

More Recently:

- Happy slapping
- Cyber bullying
(MSN, Bebo, YouTube, SMS, e-mail etc.)

Nobody deserves to be bullied!

We need to take action against bullies as they don't just affect you, their actions can also affect your friends and family! By not reporting bullying towards yourself or others, you are letting the bullies win!

If bullies are not stopped, they will most likely continue!

Pupil Advice

I have been in a wheelchair all my life and since coming to a new school I have found it very difficult to make friends. People don't look beyond the wheelchair and realise that I am the same as them.

What can I do?

Speak to any teacher who you really trust. This might be your guidance teacher or a Pupil Support Assistant (PSA), but who ever it is they will be able to help. All schools have policies and procedures that can all be used to help you whilst you settle in. You may also find it useful to join lunchtime and/or after school clubs, this will help you to make friends that have a common passion as you do.

People at school have recently been spreading rumours concerning my sexuality. I want to put an end to this as it is not true. I hate it when the subject is brought up. It is causing arguments between my friends and I.

What can I do?

Speak to a close family member (brother, sister etc.) as they know you best and will be able to help you through what is going on. They will be able to speak to somebody at school (guidance teacher etc.) who will be able to help you put an end to this. You can expect your school will be sensitive towards this matter and offer you any support you need.

I am being pushed around on the stairs, in queues and on the school buses by pupils in the years above. I feel I am not being treated fairly by them but do not want to confront them personally.

What can I do?

Ask for a "buddy" at your school. A "buddy" can meet with you at interval, lunch and at the end of the day to help you through these situations. They will be able to feedback to staff at school who can help put an end to these problems which will most likely be affecting a number of people and not just you!

When picking teams I am always the last person to be chosen. This has been happening for weeks and I've seen comments from other pupils on bebo, that suggest I am not being picked because I am from a different country and there is a language barrier.

What can I do?

Call ChildLine's free and anonymous Anti Bullying hotline on 0800 44 1111. They will be able to talk through your options. You do not have to give your name or any other personal details when you phone and calls are not recorded. ChildLine is absolutely free to call and will not appear on your landline or mobile telephone bill. There is also lots of advice on the ChildLine website at: www.childline.org.uk

You can use any solution for any problem, we have only given examples of how each could be used!

Help At School

At school there are lots of people who can support you:

- Any member of staff that you trust
- A prefect or buddy, or “peer listener” if your school has any of these systems
- You could also talk to an older pupil, they could be a family friend or just a familiar face

TALKING TO SOMEONE IS THE FIRST IMPORTANT STEP!

Help outside School

There is also a large amount of support available for you outside of school:

- **Family Members:**
Mum, Dad, Brother, Sister, Grandparents...
- **Organisations:**
 - ⇒ Childline
childline.org.uk | 0800 11 11
0800 44 11 11 (Bullying Line)
 - ⇒ Terrence Higgins Trust
tth.org.uk | 0845 241 2151
 - ⇒ Samaritans
samaritans.org | 08457 90 90 90
- **Online:**
 - ⇒ Bullying UK
bullying.co.uk
 - ⇒ Respect Me
respectme.org.uk
 - ⇒ Beat Bullying
bbcllc.com



Bullying Poem

“Oi, Stupid!”

Oh no,
there’s Melanie,
away to bully Josh.

Thursday, she pushed him into the mud.
Friday, got one of his friends to laugh at him.
All because he failed his level B maths test!
Who knows what she’s going to do today?

“Oi, Chocolate Skin!”

Oh no,
there’s Steven,
away to bully Aniz.

Thursday, called him an Indian freak.
Friday, hid Aniz’s packed lunch.
All because he’s Indian and a Sikh!
Who knows what he’s going to do today?

Why do they have to bully?

I hope they stop!

I mean, there’s nothing wrong with wearing
glasses, or being a Sikh!

I really hope you don’t bully!

Bullying is wrong so

STOP IT!

Acknowledgements:

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Bullying

Advice

For Pupils By Pupils

