

learning skills partnership
your partners in learning

Anti-Bullying

#antibullyingweek

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Anti-Bullying

What is bullying?

Bullying takes place in many forms, it is not just being physically violent towards another person. Bullying can be physical, verbal, psychological or social and can happen to anyone at any age within any setting, whether at school, at the workplace, online or at home.

Bullying is repeated aggressive behaviour by a person or a group that is directed at another person or group, and is intended to cause harm, distress or fear. Bullying can include spreading rumours about someone, attacking someone physically or verbally, making threats to someone, or deliberately excluding someone from a group. Bullies often try to justify their behaviour by finding something different about the person they are bullying, this can include how they express themselves, how they look or what they do. But just because the person is different this does not mean they can be to blame for getting bullied, there is never any justification for this behaviour towards others.

Whatever form of bullying that takes place, this can have a huge impact on a person's life, impacting their mental health and self-esteem. People experiencing bullying may feel self-conscious and feel like they aren't worth help and nobody likes them. They may find it hard to eat and sleep, and feel sad, scared or overwhelmed. Most young people who have been bullied find it hard to feel safe or confident in what they do, leading them to give up what they enjoy doing and isolate themselves from others.



What to do if you or someone else is being bullied

Ask for help

If you have already told someone and nothing is being done then ask for further help. Be open with others on how you think they can help you and find out what support is available to you. If you're being bullied online, this can be reported to the site where it is taking place. Many people find asking for help daunting. If you or someone you know are finding it difficult to cope and are experiencing thoughts of suicide when there doesn't seem to be a way out then it is important to get support, you are not alone and there is always help available.

Remember bullying is not your fault

It is never your fault that you are being bullied. No-one deserves to be bullied and everyone has the right to feel respected and safe at all times, either at school, in the workplace, amongst friends, online and at home.

Don't keep it to yourself

It is important to tell someone as soon as you can. Don't try to ignore it or keep it to yourself. Telling someone you trust may make you feel more at ease, this could be a friend, teacher, family member, colleague, a parent or carer.

Counselling or therapy

Talking about how things are affecting you can be a huge help, especially whilst in a safe place and without any judgement from others. There are many ways you can access counselling or therapy such as at school, college, your GP, privately or through local charities. You can also access telephone or online counselling if this would suit you better.

Self-care

It is important that you continue to do things that you enjoy and look after yourself. Ensure to keep up with your hobbies, have time to relax and have a break from social media if you are being bullied online. Surrounding yourself with people who treat you well can also be a big help and they can be used for support too.

Bullying and Mental Health

Bullying can have a huge impact on mental health and can even effect you in the future. Recent research shows that if you are bullied as a child or teenager, you are twice as likely to use health mental services as an adult. It doesn't matter where and how you are being bullied, you are not alone and you deserve support to get you through it.

You might be feeling:

- Depressed, sad, tearful and low
- Anxious and worried all the time
- Sick more often and/or have stomach pains
- Angry and stressed
- That nobody likes you or that you're not worth anything
- Helpless and hopeful
- Like hurting yourself or others - if you are having thoughts like these it is important to get help straight away.

You might:

- Not want to be around your family and friends as much as usual
- Find it hard to concentrate
- Not enjoy the things you used to enjoy
- Have trouble eating or eat too much
- Throw up after eating
- Drink too much alcohol or use drugs
- Have trouble sleeping or sleep too much
- Have flashbacks or nightmares

If you feel like you want to end your own life, it is important to get help straight away. If there is nobody nearby to talk to, you can call 999 and ask for an ambulance or go to the nearest A&E

Cyber Bullying

Cyber bullying is any form of bullying that takes place online or through tablets or smartphones. Bullying can take place on social networking sites, messaging apps and chat rooms such as Facebook, Instagram, Twitter, Xbox Live and YouTube. Cyber bullying is very common on the internet and most people will see or experience it at some time.

Types of cyberbullying:



Harassment: This includes sending offensive, rude, abusive and insulting messages. Posting humiliating and nasty comments on posts, chats and photos is also considered as harassment.



Cyber Stalking: This is the act of repeatedly sending intimidating messages that include threats of harm and harassment or engaging in other online activity that may make the person afraid for their safety. If this is taken too far it can be classed as illegal.



Exclusion: This is when others intentionally leave another person out of a group, such as group messages, gaming sites, online apps and any other online engagement. This is very common and is classed as a form of social bullying.



Impersonation: This is when someone hacks into another person's social networking or email account to use the person's identity to post or send embarrassing or viscous material to or about others.

Effects of Cyber Bullying

If you are worried someone you know might be the victim of cyber bullying these are some signs to look out for:

- Low self-esteem
- Withdrawal from family and spending a lot of time alone
- Finding excuses to stay away from school or work
- Reluctant to let parents or other family members near their laptops, mobiles etc
- Disappearing or being excluded from social events
- Losing weight or changing appearance to try and fit in
- Marks on the skin which could indicate self-harm and/or dressing differently such as wearing long sleeved clothes
- A change in personality i.e depression, anger, withdrawn, crying

How to get support for someone being bullied online:

- Ensure they are aware of the help available to them
- Let them know that no one deserves to be treated in this way and that they have done nothing wrong
- Encourage them to talk to teacher/colleague that they trust so that they have somewhere safe to go at school or work
- Encourage them to talk to their parents about the issues
- Take screen shots of the abuse for evidence
- Report the abuse to the relevant social media network
- Give praise for being so brave in speaking up and talking about their issues, which should empower them to seek further help



Bullying Helplines

National Bullying Helpline

Tel: 0845 22 55 787

nationalbullyinghelpline.co.uk

Childline

Helpline: 0800 1111

www.childline.org.uk

NCPCC

Tel: 0808 800 5000

Email: help@nspcc.org.uk

www.nspcc.org.uk

ACAS – Advisory, Conciliation and Arbitration Service

Helpline: 0300 123 1100

Bullying and harassment at work– Guidance for employees: acas.org.uk

Kooth

kooth.com

Bully Busters

Helpline: 0800 169 6928

bullybusters.org.uk

The Mix

Helpline: 0808 808 4994

themix.org.uk

Childnet International

childnet.com/young-people



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