

The Government defines bullying as...

"Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally."

A good way to remember this is;

SEVERAL **S**TART
TIMES **T**ELLING
ON **O**THER
PURPOSE **P**EOPLE



What to do if you think you have been bullied...

- Tell someone.
- If it continues - tell again.
- Write it down.

What to do if you see someone else being bullied...

- Tell them to stop (if you feel it is safe to do so).
- Tell someone – get help.
- Encourage the person who has been bullied to tell someone.



Cyberbullying

“ Cyberbullying is a ‘method’ of bullying, rather than a ‘type’ of bullying. It includes bullying via text message; via instant messenger services and social network sites; via email; and via images or videos posted on the internet or spread via mobile phone. ”

The Anti-Cyberbullying Code

- Always respect others.
- Think before you send.
- Block the Bully.
- Don't retaliate or reply.
- Save the evidence.
- Make sure you tell.
- Treat your password like your toothbrush - don't let anyone else use it

Bullying UK
www.bullying.co.uk

The Anti-bullying Network
www.antibullying.net

Kidscape
www.kidscape.org.uk

Bullying.org
<http://www.bullying.org>

Beat Bullying
<http://www.beatbullying.org>

Childline
<http://www.childline.org.uk>

