



Bullying can come in all shapes and sizes. Bullying can be verbal, emotional, or physical. Even ignoring people can be a form of bullying. Any behaviour that is designed to threaten someone can be called bullying. Bullying is most often thought of in relation to schools and children but bullying can also occur in the workplace or many other circumstances including cyber bullying. Over recent years people have taken bullying and its effects on others much more seriously. Many schools and organisations now have anti-bullying policies in place but it is important that we all continue to take bullying seriously, stop it happening and prevent the on-going problems that bullying can cause.

Signs:

- Truancy/absenteeism
- Becoming withdrawn
- Tearfulness
- Distress
- Loss of appetite
- Avoiding people/situations
- Self-harm
- Thoughts of suicide

What can I do to help myself?

- Tell someone you trust
- Keep a record of all incidents
- Stay away if you can or stay in a group
- Ask people you trust to help you
- Check your school/clubs/community groups anti-bullying policy and follow the steps

What can I do to help someone?

- Listen to the person and be supportive
- Accompany the person if possible
- Find out how to get help – check your organisation's policy
- Educate yourself and provide information that helps
- Stand up to the bully (be aware of your own safety and don't use violence)

**STOP
BULLYING**

Lifeline
0808 808 8000

ChildLine
0800 1111

End Bullying Now!