

Cyber bullying

Cyber bullying is the use of electronic communication via phone, tablets, social networks and the internet, with the intent to bully a person.

- 7 in 10 young people aged between 13-22 years have been a victim of cyber bullying.
- An estimated 5.43 million young people in the UK have experienced cyber bullying, with 1.26 million subjected to extreme cyber bullying on a daily basis.

(<http://www.antibullyingpro.com/blog/2015/4/7/facts-on-bullying>)

If you receive any nasty messages online you should :

1. Know it's not your fault
2. Not reply
3. Keep the messages
4. Block the sender
5. Tell someone who can help and support you

Schools

Your school can do a lot to prevent and stop bullying, on and off school grounds.

Your head teacher has the legal power to make sure children behave outside of school premises.

Your school not only has to have an anti -bullying policy, it should be well publicised within the school.

Where to go for help.....

NHS

www.nhs.co.uk/livewell/bullying

Bully Busters

<http://www.bullybusters.org.uk/>
Helpline: 0800 169 6928

Stop Bullying

<http://www.gov.uk/bullying>

Anti Bullying

<http://www.antibullyingpro.com/>

Childline

www.childline.org.uk

Helpline: 0800 1111

Free and confidential 24hr helpline for children and young people anywhere in the UK. Also check out their 'App' called Zipit (supported by IWF).

NSPCC

www.nspcc.org.uk

Helpline: 0808 800 5000

Free and confidential 24hr helpline

Devon and Cornwall Police (non - emergency)

www.devon-cornwall.police.uk

101

The Zone

www.thezoneplymouth.co.uk

01752 206626

Free and confidential support and advice around healthy relationships.

Respect

Offers information and advice to young people who behave in abusive ways, as well as those who are victims of abuse . If you want to change your behaviour or need support call : **0808 8024040**

www.respectphoneline.org.uk



Bullying

Information from this leaflet has been taken from the NSPCC, Bully Busters , NHS, www.gov.uk/bullying and the Stomp out Bullying websites .



What is Bullying

There is no legal definition of bullying, though it is generally defined as behaviour that is:

- Repeated.
- Intended to cause physical pain.
- Intended to cause emotional pain.

Bullying can take many forms and includes:

- Physical assault.
- Teasing.
- Making threats.
- Name calling.
- Cyber bullying (bullying via mobile phone or online, e.g. email, social networks and instant messenger).

Some types of bullying are classed as crimes, such as violence or assault, theft, and harassment or intimidation over a period of time. Other types of bullying are classed as 'hate crimes' and can be about a person's race, disability, sexuality, gender or gender identity, religion and/or personal beliefs.

The logo features the words 'STOP', 'HATE', and 'CRIME' stacked vertically. 'STOP' is in a bold, black, distressed font. 'HATE' is in a bold, red, distressed font. 'CRIME' is in a bold, black, distressed font. The background of the text is a dark, textured image of what appears to be a forest or a similar natural setting.

What can you do about Bullying

- Ask the bully to *stop* in a calm clear voice.
- If not in a position to ask them to stop, walk away from the situation.
- Tell a trusted adult who will be able to support you (a parent, family friend or teacher), as they can help you plan what to do next.
- Ask a friend to confirm what is happening to you.
- Try and stay in a group of friends.
- Call 'Childline' (0800 1111) if you need help with any of these steps.

The Impact of Bullying

Bullying can affect anyone and the NSPCC state that about 46% of all children experience some form of bullying.

16,000 children miss school everyday in the UK due to bullying and half of the LGBT community is bullied at some point.

Children and young people who are bullied are more at risk of developing mental health problems, including depression and anxiety.

All the places you can go to for support are listed at the back of this leaflet.

What to do if you are a bully?

Have you ever bullied anyone? Did you do it because you thought others might like you better or to make yourself feel better? Did it work? If so why?

You may think it's funny or that it doesn't mean anything. You are wrong, **bullying hurts** and has many consequences.

Bullies are more likely to:

- Get into fights.
- Commit crimes/ carry a weapon.
- Face arrest (Cyber bullying).
- Drink or smoke.
- Have few or no real friends.

How you can get help to stop

Has anyone ever said or done anything to hurt you, how did it make you feel?

Think about what you are going to say before you say it, how might the other person take it. Talk to a trusted adult, family, teachers or friends, you may think they won't understand, but they will be able to help.

Apologise to the person you bullied. You will find being nice, respectful and friendly will have many more rewards.

Call 'Childline' if you need more support

0800 1111