

A little help with...

BULLYING

How do you know if you're being bullied?

- Being called names, teased or humiliated
- Posting, commenting on or liking nasty photos, videos or posts about you online
- Being threatened, pushed, hit or hurt
- Having money and other stuff stolen
- Spreading rumours or starting group chats about you
- Sending nasty or offensive messages to you or about you
- Being ignored, left out or made to feel like you're not wanted
- Being threatened, intimidated or sent nasty messages
- Trolling you or commenting on your posts or pictures saying nasty things
- Someone revealing personal details without your permission
- Targeting you over and over again in an online game.

When is bullying illegal?

It is illegal if someone is:

- Sexually assaulting you
- Being violent or physically assaulting you
- Stealing things from you
- Bullying you because of your race, gender or sexual identity, or if you have a disability: this is hate crime
- Sharing or threatening to share a naked image of you without your permission.

How you can look after yourself if you are being bullied

Supporting yourself with positive statements can help when you're feeling low or like the bullying's your fault.

You could say them out loud or in your head.

Here are some examples:

- "The bullying isn't my fault"
- "I deserve to have a life without bullying"
- "Things can change"

Bullying isn't okay, and it's never your fault.

Having a healthy routine can also help you to cope

- Make sure you get enough sleep
- Eat healthily and don't have too much junk food
- Do something every day that makes you feel good or proud
- Spend time with people who make you happy
- Do something physical, even if it's just a walk
- Don't drink alcohol or take drugs to cope with the stress, this can make things worse

What to do if you're being bullied

You don't have to cope with bullying alone. Talking to an adult you trust can help you to find ways to stop the bullying. You could tell someone everything or just a little.

Be aware that you may be feeling angry after being bullied. But hitting back or hurting someone can get you into trouble and make the situation worse.

What to do if a friend is being bullied

- Let them know you're there for them and that things can get better
- Encourage them to talk to an adult or talk to an adult yourself, especially if you're worried about their safety.

What to do if you think you may have bullied someone

It's good that you want to change your behaviour, and reconciliation is the first step. Recognise what you're doing is bullying. You might want to dismiss what's happened as just a joke, or think that it's okay because you're not the only one. But sending nasty messages, sharing a post or liking something that's been made to make someone feel bad, is bullying. It can be hard to accept this, so talk to an adult if you're feeling guilty. Say sorry. Apologise to the person you bullied or sent messages to. Offer them support if you can, but respect their wishes if they don't want to talk with you.