

Support and further information

Childline: 0800 1111

www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying

www.nhs.uk/Livewell/Bullying/Pages/Antibullyinghelp.aspx

www.youngminds.org.uk/find-help/feelings-and-symptoms/bullying

Emotional Health Service



Bullying

Information for young people

Contact

The Emotional Health Service

42 York Street, Twickenham TW1 3BW

T: 020 8487 5470

Opening hours:

Monday to Thursday: 8.45am to 5.00pm

Friday: 8.45am to 4.45 pm

W: www.afcinfo.org.uk/emotionalhealthservice

What is bullying?

Bullying happens when someone is physically or emotionally hurt by another person. Bullying can happen in person, online or by text and can sometimes be hard to spot unless you're involved. It doesn't matter whether it was a one-off incident or if it's gone on for a while, either way it is bullying. Bullying can happen to anyone but sometimes it's related to specific individual differences in young people such as sexual orientation, race, religion, body shape or gender.

What bullying looks like

If someone you care about is being bullied it may be hard to spot. Here are some signs that someone might be being bullied.

- Belongings getting lost or damaged
- Physical injuries
- Withdrawal from social interactions and any other symptoms of low mood
- Appearing nervous, lacking in confidence or jumpy
- Problems with eating or sleeping
- Being scared to go to school or being 'ill' a lot
- Bullying others
- Appearing anxious about anyone seeing their phone

There are lots of different ways that bullying can have an effect on young people, some of which may appear to be harmless. However, if you are not sure and would like to talk to someone please contact a professional for support.

Bullying can lead to many different mental health problems which can be quite serious. It can make individuals feel lonely, worried, and have feelings of low self-esteem. If bullying problems, or the problems caused by bullying, are not resolved young people can develop depression, anxiety, phobias or eating problems. For this reason the effects of bullying should not be underestimated should be addressed as soon as possible.

What can I do if I am being bullied or if I know someone who is being bullied?

- **At school:** tell a staff member who you trust or ask a friend to talk to someone on your behalf
- **Outside school:** talk to your parent, carer or someone you trust and get their advice on what to do.
- **Online:** tell someone you trust and report abusive messages on social media platforms.
- **Always:** keep reporting bullying until it stops, avoid responding to bullies' comments online or in person, remember that there are lots of organisations who are specially trained to listen to young people when they want to talk and will give good advice relating to bullying. Please see the 'online/phone support' section of this leaflet for details.

Look after yourself

If you are being bullied make sure that you treat yourself with kindness and are aware of your own feelings. Do things that make you happy like spending time with people who are kind to you or doing activities that you enjoy or are good at. Make sure that you remember all of your strengths and skills. Talking about what may be happening to you is also likely to be very helpful. If you can't think of anyone that you would like to talk to about being bullied contact any of the sites listed in the online or phone support links of this leaflet or talk to your GP.