

What is bullying?

- Bullying is a **power** imbalance with repeated intent to harm/distress a target physically and/emotionally.

Who gets bullied and how? ANYONE...WHY?... Because they are **different!**

Why?

- Appearance.
- Gender
- Sexual orientation
- Interests.
- Accent/Nationality.
- Race/Culture.
- Disability.

How?

- Name Calling/Banter.
- Cyberbullying/Sexting.
- Social exclusion/Indirect.
- Taking possessions.
- Sexual harassment.
- Physical -punch/push
-kick/spit.

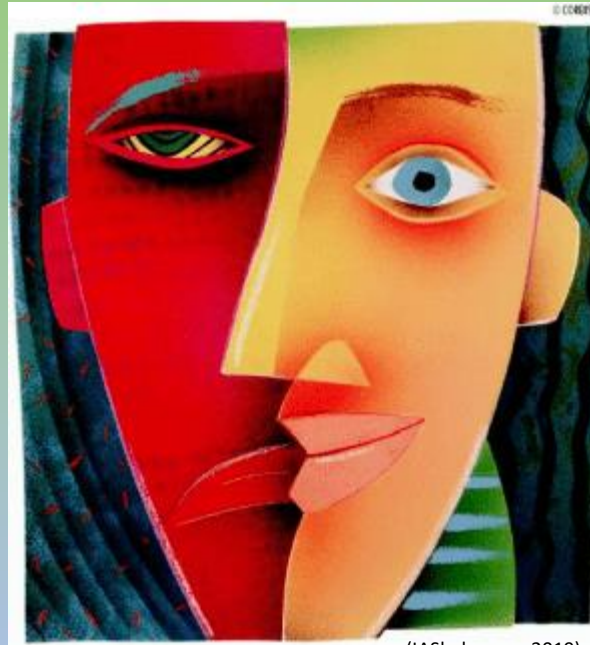
Effects of bullying

- Affects self confidence/self esteem.
- Anxiety/depression/mental health.
- Fear of places/schools.
- Poor attendance at school.
- Poor educational attainment.
- Self – harm.
- Eating disorders.
- Suicide.



(Pinterest.com, no date)

.Stop Bullying.



(IASbaba.com,2019)

.It ruins lives.

My Rights

“It is my **right** to be safe, to be treated with respect and kindness, to have access to an education, to be treated and respected as an individual”.

It's **everyone's** responsibility to prevent bullying....How?

- Prevention** – Stop bullying before it starts and to challenge the bully .**This does not mean pick a fight!**
Being a bystander and doing nothing, supports the bully.
- Education** – To learn about diversity and difference.
Why do people bully and what does it feel like?
How do I deal with a bully?

What do I do if I'm being bullied or I know that someone is being bullied?

- Talk to someone....someone you trust 
- Talk to a friend, an adult you trust –parent/ teacher/youth worker/form teacher/ support staff/ counsellor.
- If you do not want to talk face to face.....**
- Helplines – Meic – [Tel:08088023456](tel:08088023456) [Text:84001](tel:84001)
- Childline – [Tel:08001111](tel:08001111)



(Those London Chicks, no date).

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