

Put a **STOP** to bullying!

Bullying is a repetitive behaviour with intent to harm or upset another individual.

"Bullying is unwanted, aggressive behaviour among school aged children that involves a real or perceived power imbalance." (stopbullying.gov)

PULLING SOMEONE DOWN WILL NEVER HELP YOU REACH THE TOP

(www.geckoandfly.com. 2021)

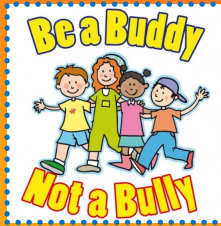
TYPES OF BULLING

VERBAL

CYBER

EMOTIONAL

PHYSICAL



(www.strongyuri.wordpress.com)



(www.pinterest.ch)

"Around one in five children aged 10 to 15 years in England and Wales (19%) experienced at least one type of online bullying behaviour in the year ending March 2020, equivalent to 764,000" (ons.gov.uk, 2020)

Signs of bullying-

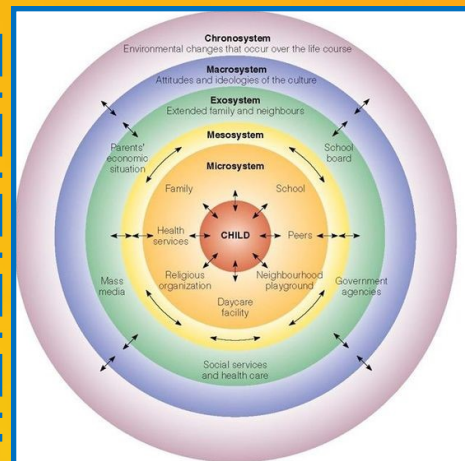
- ◆ Changes in sleeping and eating patterns,
- ◆ Faking illness,
- ◆ Withdrawal,
- ◆ Refuses to talk about anything or what is wrong,
- ◆ Unexplained cuts or bruises,
- ◆ Refusing going to school,
- ◆ Changes walking route to school or refuses to take the school bus.

Steps to prevent bullying:

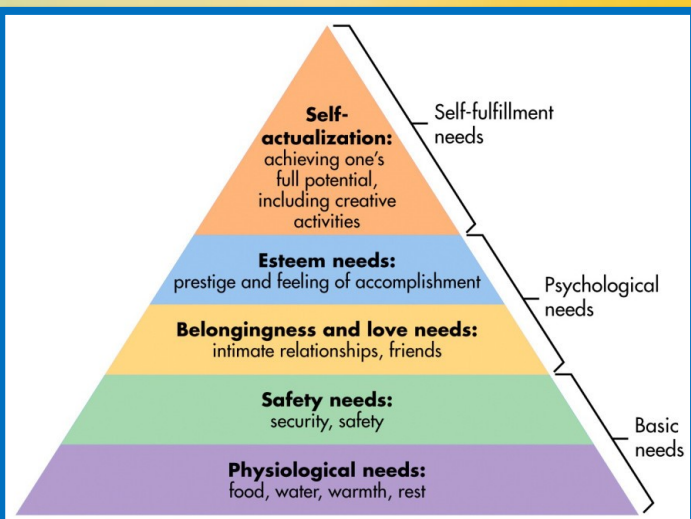
- ◆ Ensure children feel comfortable enough to talk about what's happening,
- ◆ Recognising the signs,
- ◆ Make sure children know it is not ok to bully or harm others,
- ◆ Teach children the right thing to do if they get bullied.
- ◆ Familiarize with the schools anti-bullying policy,
- ◆ Report incidents.



(www.istockphoto.com)



(Guy-Evans, 2020)



(Mcloed, S. 2020)

Children have the right to have the basic needs.

Children have the right to feel safe and secure.

Children need to feel a sense of love and belongingness.

Help lines:

The Mix-
Call: 0808 808 4994

Youngminds crisis messenger-
Text: YM to 85258

Childline-
Call: 0800 1111

Reference list

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