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Hi, I'm Gaddum.

Let's talk about Bullying

Bullying can come in many forms; physical, verbal, social/relational and online/cyber. It can be very upsetting when it happens to you or to someone you see who's getting bullied themselves. It's important to recognise that bullying is unacceptable and sometimes it's even illegal. Support is available if you're experiencing it.

Top Tips

Understanding what bullying is can help you determine whether you or someone else are getting bullied. Have a look below to see if any apply to you:

- The general term 'bullying' relates to repeated behaviour that is hurtful, cruel and mean. It may be one person or a group of people who are involved with bullying another person or a group of people.
- Physical bullying involves hitting, punching, slapping, scratching, slapping and other types of painful physical actions.
- Verbal bullying involves name-calling, use of hurtful words, threatening language or shouting. Sometimes, verbal insults that target your race, identity or religion can be a hate crime.
- Social or relational bullying refers to actions that may happen behind your back. For example, you may feel like you're being excluded from social situations, there's rumours and lies are being spread about you or you are subject to nasty jokes and humiliation.
- Online/cyber bullying occurs on the internet, and it often relates to bullies sending you nasty messages, publicly or privately humiliating or intimidating you (sometimes with image or video content), spreading misinformation/gossip about you or pretending to be you on social media through fake accounts.

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Who to go to

Remember, it is never your fault that bullying is happening to you. It is okay to ask for help and you shouldn't be afraid about reaching out. If you are unsure on who to speak to, here are some suggestions:

- Your favourite teacher or someone at school
- Your social worker
- Your support worker
- Your GP
- A family member you trust
- Report cyberbullying/hate crime online

Useful Links

- Report bullying and hate crime online - https://www.report-it.org.uk/bullying_and_harassment
- Bullying, Abuse, Safety and the Law - https://www.childline.org.uk/info-advice/bullying-abuse-safety/
- What to do when you see someone else getting bullied - http://www.dontstickit.org.uk/what-to-do-if-you-see-someone-being-bullied/