



**Supporting families and young people
affected by bullying**



Bullying facts/stats?

69% of young people experience bullying before their 18th birthday.

60% of people bullied because of appearance

30% said that bullying has had a huge impact on their social lives

38% said that bullying has had a huge impact on their self esteem

25% young people have had suicidal thoughts because of bullying



www.bullying.co.uk



Types of bullying

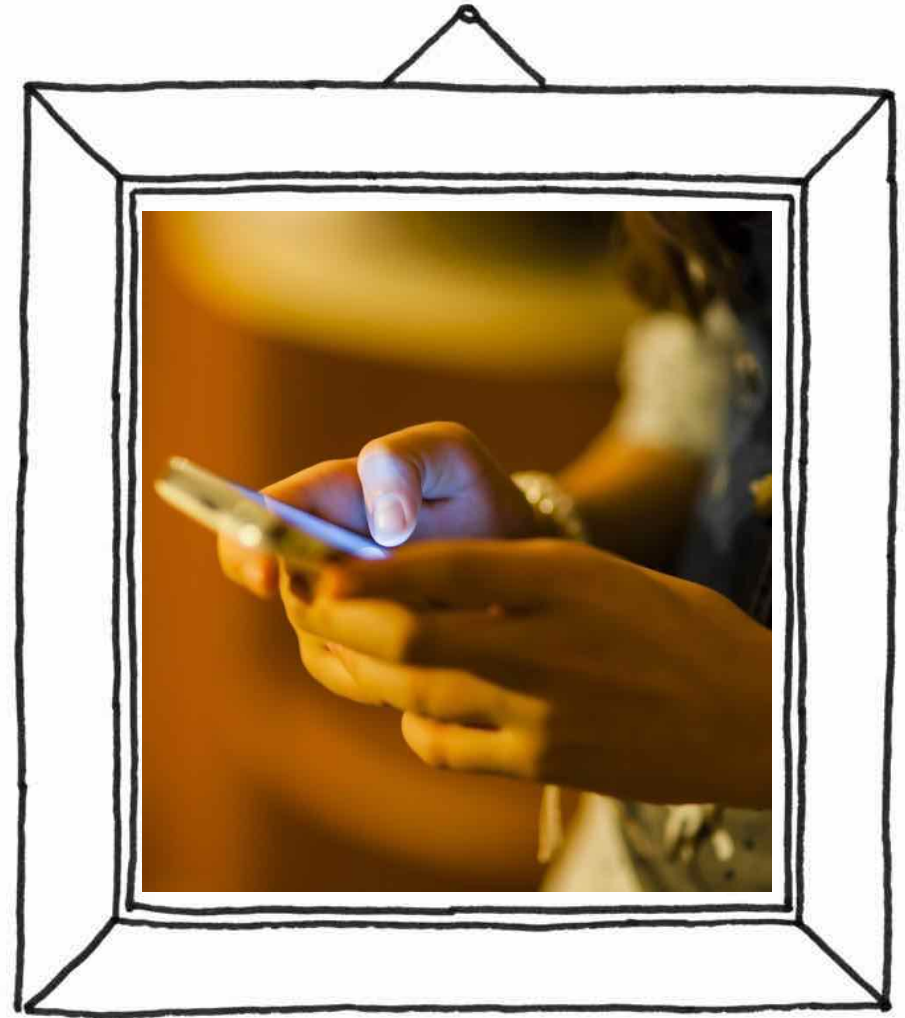
Physical (when someone pushes you, hits you or harms you in any way physically)

Name calling (bullied by name calling regularly and it is hurtful)

Social (leaving out, making plans and excluding others, etc.)

Cyberbullying (being bullied online, via mobile phone or on social networks)

Sexual (bullying includes unwanted sexual advances/comments, sexuality, spreading sexual rumours)



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How bullying can make you feel

- Depressed
- Anxious
- Isolated
- Withdrawn
- Suicidal
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Start to believe it
- Blame themselves



How might they react?

- Self-harm
- Feel depressed
- Suicidal thoughts/attempts of suicide
- Withdraw socially and stop going out
- Avoid social media or messenger
- Feel anxious about going to school
- Be very angry and be aggressive
- Bully others
- Develop an eating disorder
- Turn to drinking or taking drugs



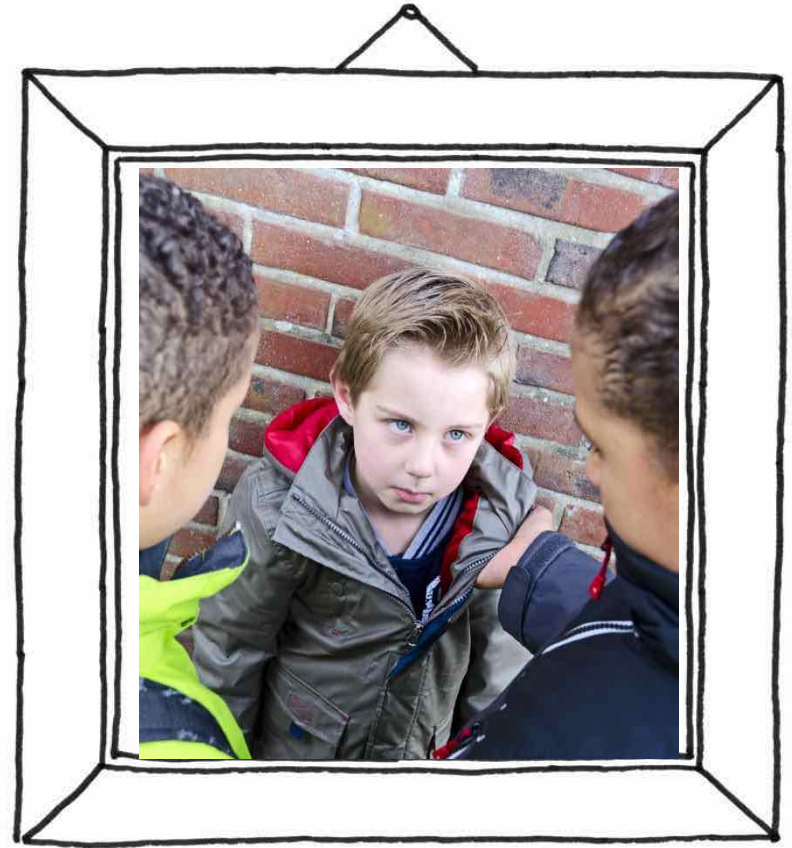
What about how bullying affects other areas of life?

- Family life
- School work
- Relationships
- Friendships
- Socially
- Emotional well-being
- Future relationships



How to get bullying to stop

- Report the bullying to a teacher
- Tell a parent or a family member
- Be assertive not aggressive
- Ignore it and walk away
- Keep a diary of all incidents



True or false

1. You can spot a bully from the way they look and act?
2. Cyberbullying can only affect someone if they are online and have an account too
3. Bullying is a normal part of childhood and you should just ignore it
4. Bullying only happens in schools
5. Reporting a bully will make things worse
6. It is easy to spot the signs of bullying
7. It is not bullying if someone deletes the comment or post

Bullying tasks

Ask the students whose birthday is between January and July to stand up and remain standing. Ask them to put their hands on their head. Then ask them how they would feel if they were asked to stand throughout the whole lesson. Once they describe their feelings (awkward, vulnerable, etc.) you reiterate to them that this is how people feel when they are being bullied even if they don't show it.

Give students 2 pieces of paper and ask them to put one on their chair and screw up the other one as tightly as they can. Once they have done this, ask them to unravel the screwed up piece of paper and try to straighten it out the best they can. Then ask the students to hold up the two pieces of paper and compare the differences. Then you can reiterate to them that no matter how much you try to straighten things out, the scars of bullying remain.

Bullying Video

- <https://youtu.be/R00V92Yyl20>

How we can help

- Online chat on our website or email us at parentsupport@familylives.org.uk
- Free helpline **0808 800 2222**
- Advice on our website www.bullying.co.uk
- **Twitter:** @BullyingUK
- **Facebook:** www.facebook.com/bullyinguk

*Through life's ups and downs,
we're with you, all the way*

