



BULLYING



What is Bullying?

Bullying is an Imbalance of Power
Repetitive & Dangerous Aggression

THE 3 B'S OF BULLYING



Bullier - 30%
of youth admit
to bullying



Bullied - 1 in 3
students bullied
at school



Bystander - 70%
have witnessed
bullying

IMPACT OF BULLYING



Injuries



Illness



Fear



Embarrassment



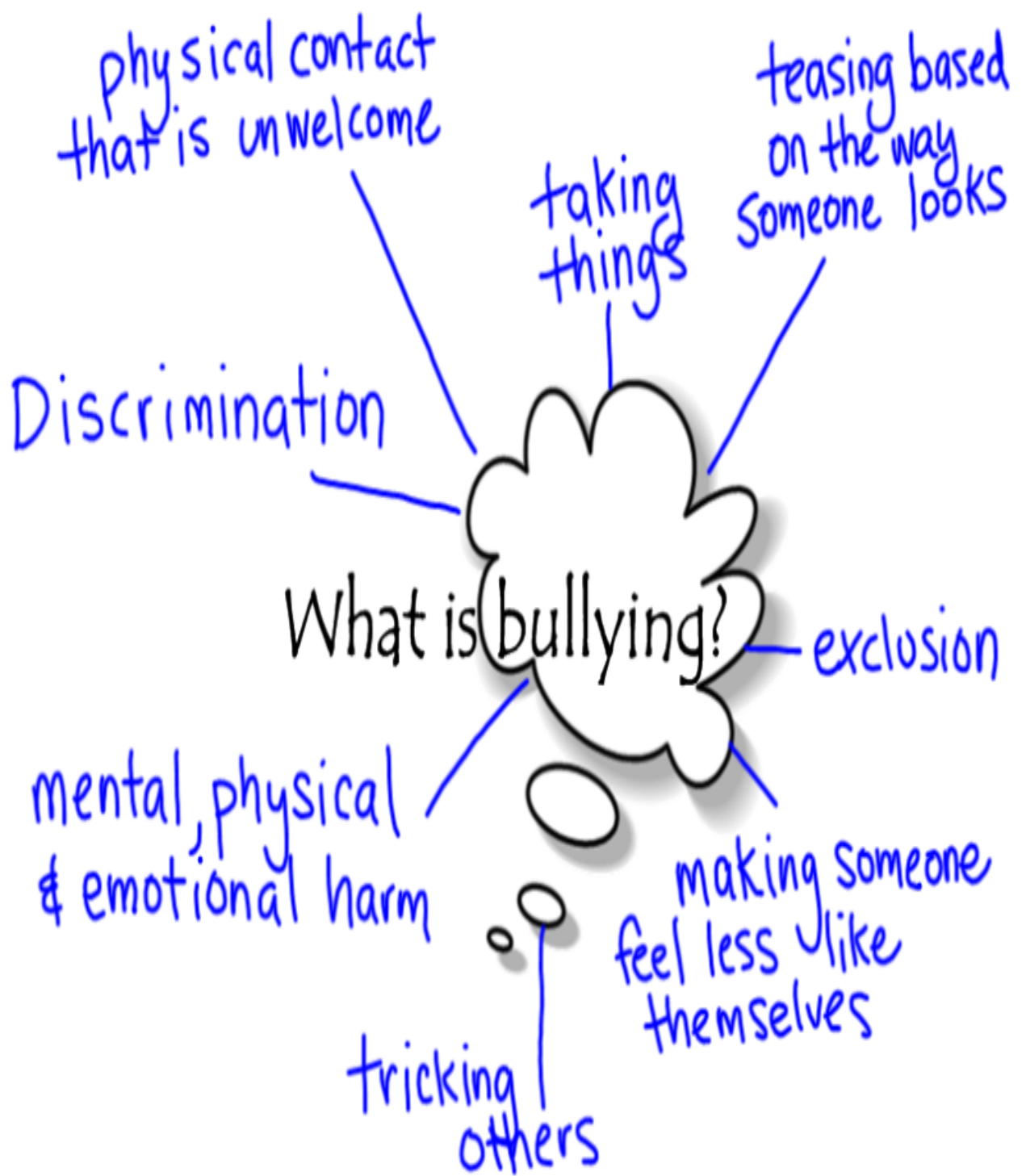
Low
Self-Esteem



Depression
& Anxiety



Suicide



Coping with Bullying

Website	Logo	QR Code*
<p>http://www.childline.org.uk/Explore/Bullying/Pages/Bullyinginfo.aspx</p> <p>Childline have put together a number of pages focused on bullying. They also look at cyberbullying and bullying on different social media accounts, along with some tips for confidence building after being bullied.</p>		
<p>http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/bullying</p> <p>Youngminds offer pages on what bullying is and how to get help for bullying.</p>		
<p>http://www.ditchthelabel.org/get-help/teens/</p> <p>This website aims to support young people age 13-25 primarily online.</p> <p>As you scroll down the page there are lots of great guides and 'top tip' pages looking at all sorts of issues related with bullying.</p>		
<p>http://www.bullybusters.org.uk/</p> <p>This website offers advice for children and young people on bullying and talks about lots of different aspects of bullying in detail.</p>	 <p style="text-align: center;">0800 169 6928 Free (from landlines), confidential helpline</p>	

Website	Logo	QR Code*
<p>www.kiscape.org.uk</p> <p>UK charity based on preventing bullying and sexual abuse. Offers advice to those affected by bullying, and to those who can prevent it, and to those who bully as well, so they can stop.</p>		
<p>http://www.bullying.co.uk/</p> <p>This website is produced by Family Lives and discusses various topics linked with bullying.</p>		
<p>https://bulliesout.com/need-support/young-people/</p> <p>This website looks at different aspects of bullying. It also looks at the cycle of bullying and the roll of the bully, the bystander, the follower and the bully take within in.</p>		
<p>http://www.stonewall.org.uk/</p> <p>A campaign to end bullying and discrimination by supporting individuals to work out how they can make a difference for LGBT people at work, home and in their communities.</p> <p>It is also available in Welsh for Welsh speakers.</p>		

Website	Logo	QR Code*
<p>http://www.antibullying.net/youngpeople.htm</p> <p>These pages are produced for young people by the anti-bullying network and talk about various aspects of bullying.</p>		
<p>http://www.kidshelpphone.ca/Teens/InfoBooth/Bullying.aspx</p> <p>This is a webpage produced in Canada. So you won't be able to use the phone the number or online chat.</p> <p>However the website offers lots of great information in relation to bullying which is tailored for children and teenagers.</p>	 <p>Please note this website is Canadian so you will not be able to use the phone number/chat service.</p>	
<p>http://www.standupfoundation-uk.org/</p> <p>Ben Cohen has created a foundation dedicated to raising awareness of bullying. It has stories of young people's experiences of being bullied.</p>		
<u>Online Resources</u>		
<p>Kidscape: 'Don't Say, Don't Send'</p> <p>Raising awareness of cyber-bullying.</p> <p>http://youtu.be/ESbPqyL68PE</p>		

For Parents/Carers

Kidscape: 'Prevent Bullying, A Guide for Parents'

A leaflet guide produced by Kidscape



Kidpower

8 Skills that parents can teach their children in order to try to prevent bullying.

<https://www.kidpower.org/library/article/prevent-bullying/?gclid=CKeSp7TCz80CFQtAGwodUQEKgQ>

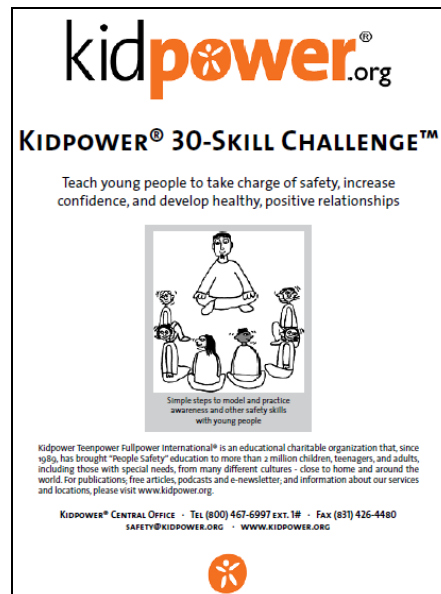
This website also has a page dedicated to helping a child who is being bullied in school.

<https://www.kidpower.org/library/article/bullying-in-schools/>

It also has a great skills book that can be downloaded for personal use and used with your child.

<https://www.kidpower.org/millionsafer/kidpower-30-skill-challenge?terms=terms>

kidpower®



For Parents/Carers

<http://www.bullying.co.uk/advice-for-parents/>

BullyingUK have lots of pages for parents that talk about lots of aspects of being a parent of someone who is being bullied such as spotting the signs and how to talk to them.

Family lives offer a helpline for families and there is online forums where families can share experiences and ask for advice.



Family Lives offers a confidential and free (from landlines and some mobiles) helpline service (previously known as Parentline).
0808 800 2222

They provide information, advice, guidance and support on any aspect of parenting and family life, including bullying. It is open 9am – 9pm, Monday to Friday and 10am – 3pm Saturday and Sunday.



<https://bulliesout.com/need-support/parents/>

Bullies out is a website, gain mention above for young people that offers pages for parents. It looks in detail at gaming site and online safety with cyberbullying in mind.



<http://www.teensafe.com/tag/cyberbullying/>

Teensafe is a fantastic website for parents that calls itself the 'parenting guide to tech safety'. They offer lots of pages of advice in regard to cyberbullying and internet safety in general.



Particularly recommended websites:

Kidscape

Young Minds