

10 ANTI-BULLYING

What is a bully?

A bully is someone who is repeatedly cruel or violent towards others on purpose. They could choose to hurt someone physically, for example, by hitting or kicking them. They could choose to hurt someone verbally, perhaps by threatening or insulting them. They could choose to do this in person or online. They could also bully using others by spreading rumours.

What does it mean to be anti-bullying?

If a school, club or person is anti-bullying, they are taking action against bullying. They may take steps to ensure people don't get bullied. They may also step in if they see bullying, or help a victim of bullying afterwards. Importantly, they make it clear that bullying behaviour isn't acceptable.

Action against bullying is vital for making any environment a safer, happier place to be. It is never enough not to get involved – standing by when someone is being bullied is a way of helping the bully.

There are lots of anti-bullying actions you can take.



Looking out for bullying

Bullying can happen to anyone, in any environment. It is important to be aware of clues that mean someone needs help. Warning signs may include:

- unexplained cuts or bruises
- torn, broken or lost personal items
- attempts to avoid others, including friends
- avoiding going to school
- loss of self-confidence
- loss of interest in skills or hobbies.

Stepping in if you see bullying

If you know someone is being bullied, you should:

- talk to the victim, and make them feel safe
- include them in your conversations and games
- assure them that the bully isn't right
- support them without pressuring them
- help them to report the problem by following the steps below.

Reporting bullying

In all cases of bullying, you should report what has happened. This can be difficult, especially if you are the person being bullied.

The person being bullied should be helped to:

- tell a trusted friend or family member what is happening
- ask for understanding and support
- remember their worth and value
- report the bully's actions to an authority figure like a teacher
- try to find justice, not revenge.