

How can you help?

- Do not tolerate bullying behaviour even in your friendship groups.
- Only accept people who do not bully others. Bullying behaviour will soon stop if it is challenged or rejected and seen as socially unacceptable.
- If you know someone who is being bullied, encourage them to talk to a trusted adult or offer to talk to someone on their behalf.
- Take part in your school's anti-bullying activities and support your school council.
- Make sure your school/organisation has an anti-bullying policy and ask to see it.



What we will do to help

People from all organisations that form Hampshire Children's Trust (including school staff, Connexions Personal Advisors, Youth Workers, Social Workers, Educational Psychologists and Behaviour Support Team Workers) will help to make sure that if you experience bullying, someone will:

- listen to and reassure you;
- help, advise and support you;
- take immediate action to stop the bullying, or threats of bullying, and not make the situation worse;
- investigate and establish if the bullying is part of a pattern; and
- make it clear to the person doing the bullying that such behaviour is not acceptable.



Useful contacts

Hampshire Young People's Services:

0845 603 5621
youth.info@hants.gov.uk
www.youthtube.hants.gov.uk

ChildLine:

0800 1111
www.childline.org.uk

NSPCC:

Freephone: 0808 800 5000
Textphone: 0800 056 0566

BBC Onelife:

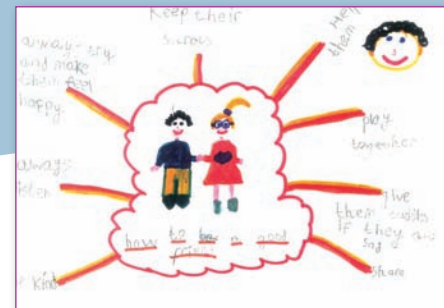
www.bbc.co.uk/onelife/your_world/bullying/.

Kidscape:

08451 205 204
www.kidscape.org.uk

Bullying UK:

help@bullying.co.uk
www.bullying.co.uk

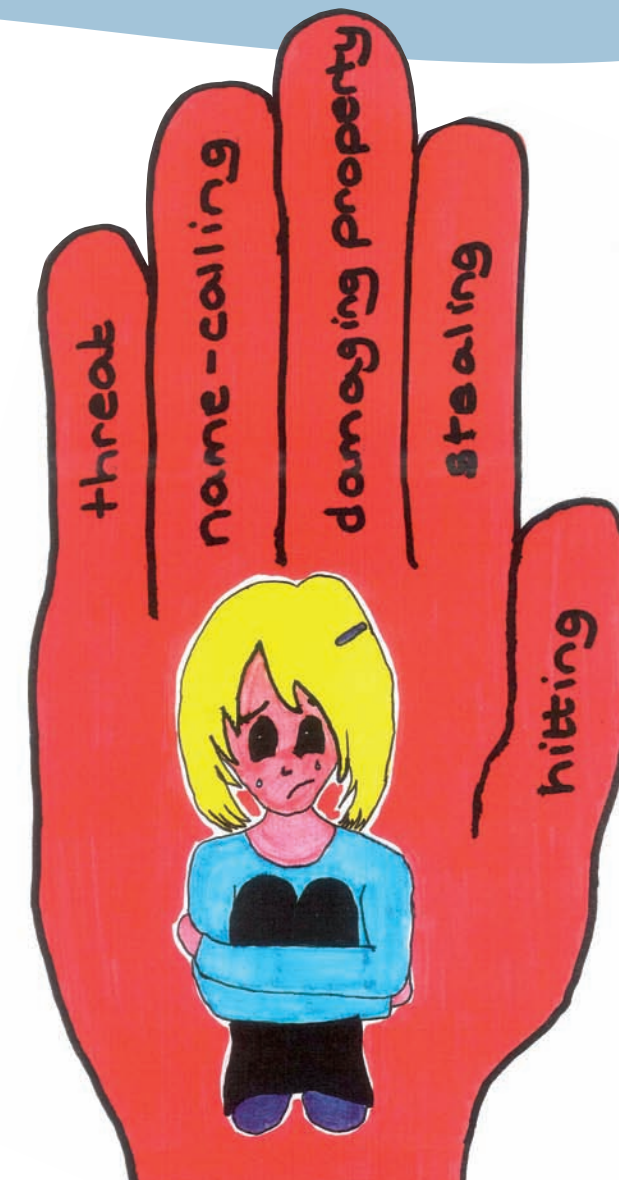


Remember, if you are being bullied or know someone who is, don't suffer in silence. Tell someone you trust.

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Anti-bullying

Information for children and young people



Introduction

Bullying doesn't just take place in schools and can happen to anyone, anywhere, at anytime. Hampshire Children's Trust will work to reduce levels of bullying and provide support to children and young people who experience bullying.

Bullying of any kind is wrong

If bullying of any kind happens to you or someone you know, you should be able to tell someone and know that it will be dealt with quickly and effectively.

Your school and any organisation or club you belong to should have a policy to deal with bullying and you have a right to ask a teacher, or another adult, for help if you are being bullied.

If you are bullying someone else, talk to an adult about it and make sure you stop.

Even if you are being bullied yourself, it is important not to bully others.

What is bullying?

Bullying is when someone keeps doing or saying things that are meant to hurt another person, either physically or emotionally.

Bullying can be:

Emotional - being unfriendly, excluding or constantly tormenting someone.

Physical - pushing, kicking, hitting or punching another person, or any use of violence against someone.

Verbal - teasing, being sarcastic, calling someone names, ignoring them, spreading rumours or making hurtful comments.

Cyber - threatening or abusing someone by text message, phone calls, through email, chat rooms, social networking sites, video, or any other technologies.

Material - damaging or stealing someone's belongings.

Racial or religious - calling another person racist names or making racist comments or gestures to or about someone.

Sexist - making abusive comments or engaging in behaviour relating to whether someone is male, female or transgender.

Sexual - making unwanted physical contact or sexual comments or abusing someone sexually.

Homophobic - inappropriate comments or behaviour made towards to someone who is openly, or thought to be, gay or bisexual.

About learning difficulties/ disabilities - making fun of someone's disability, calling them names, laughing at them or not letting them join in because of their disability.

About any sort of difference - abusing someone because of: what they look like, what they believe, how clever they are, how much money they have, where they come from, where they live, with whom they live, etc.

No one deserves to be bullied and it can happen to anyone. It is important to remember that when someone is bullied, it is not their fault and it is the people who are bullying that need to change their behaviour. You don't have to put up with it.



Are you being bullied?

What you must do if you, or someone you know, are being bullied:

- Talk to an adult you trust, such as a teacher, parent, relative or friend as soon as you can.
- Be persistent. If the first person you talk to doesn't help, don't give up. Speak to someone else.
- If someone you know is being bullied or is in distress, take action and report what you have seen to a trusted adult. Watching and doing nothing can suggest support for the person/people doing the bullying.
- Ask the person you talk to not to do anything without telling you about it first.
- You have a right to know what is being done on your behalf and to say whether you think it is a good idea or not.

What not to do:

- Don't try to deal with the problem on your own. There is nothing wrong with asking for help.
- Don't hurt the people who are bullying. You might end up being accused of bullying yourself.
- Don't exaggerate. Always tell the truth about what has happened. If a small part of what you are saying is shown to be untrue then it throws everything else into doubt.
- Don't hide what is happening from the adults you trust. Keeping things secret is the biggest weapon of someone who bullies. That is why they go to so much trouble to stop you telling.
- Don't copy the bullying behaviour.

