

## **What is bullying?**

- Any form of distressing and hurtful behaviour aimed towards another person.
- Deliberate and ongoing rather than one off.
- Always one way rather than an exchange.

## **What to do if you are being bullied.**

- Stay strong.
- Ignore it and walk away.
- Stay close to friends and avoid being isolated.
- Tell the bully to stop their unwelcome behaviour.
- Tell yourself you are not to blame, you don't deserve to be bullied.

**For all of the above, react calmly not aggressively.**

**Stand up for yourself and act confidently, hold your head up, stand straight with shoulders back, stand your ground when you are talking and look the other person in the eye.**

## **How to support someone being bullied.**

- What is the harm in being a bystander? Bullies feed off the power they have over a target. If you witness someone being bullied, support them. By not intervening, you are actually supporting the bully's behaviour, which gives them an even stronger sense of power and could increase the bullying.

**How to stop bullies in their tracks:**

- Refuse to participate, even passively, in bullying behaviour.
- Do not laugh at or accept comments that hurt others.
- Tell the bully on the spot that their behaviour is wrong.
- Stand up for the person being targeted.
- Seek help from someone you trust – parents/caregivers/teacher/counsellor/sports coach.

**SILENCE AND SECRECY NURTURE BULLYING**

***Report any bullying.***

