



What is bullying?

If somebody physically or verbally abuses a person, that's bullying.

Specific types of bullying include:

- Homophobic bullying based on sexual orientation
- Racist bullying because of skin colour
- Religious bullying because of beliefs or faith.
- Sizeist bullying referring to body size
- Sexist bullying focusing on a person's sex
- Cyberbullying targeting someone online, often anonymously
- Bullying because someone is different in some way

Bullying can be a one-off or it can go on for a long time. And bullying can happen to anyone.

The affects of bullying

Bullying can make a young person feel isolated, worthless, lonely, anxious, angry and lacking confidence. They may experience some or all of these feelings.

Some young people who are being bullied develop depression, anxiety and eating problems. They may self-harm or turn to drugs and alcohol. Bullying in any form is damaging and unacceptable.

We're here. Isle Listen.



What is bullying?

If you are being bullied:

Ignoring bullying won't make it go away. You need to tell someone about what is happening.

If the bullying is happening at

school – talk to your parents or carers and your teacher. They may have no idea that you're being bullied, and the school will have an anti-bullying policy to tackle it. If you feel you can't speak to your teacher, maybe a friend can do it for you. You may also be able to speak to a Listening Service, welfare officer or school nurse.

If the bullying is happening

outside school – talk to your parents, carers or even your friends' parents. Youth workers, sports coaches and group leaders may be able to help too.

If the bullying is happening

online – tell your parents or carers, or a teacher. You can report abusive posts on social media platforms. You can also report abuse to CEOP (Child Exploitation and Online Protection Centre).

Keep reporting the bullying until it stops. It may not stop the first time you tell your parents or teacher and they try to stop it. If the bullying continues, tell them again.

Don't put up with it. No one deserves to be bullied.

