

## Briefing from Barnardo's

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### Bullying

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Bullying is the repeated behaviour intended to hurt someone emotionally or physically. Bullies may target people they think are different because of the way they look, their size, a disability, their race, religion, gender or sexual orientation.<sup>1</sup> Bullying can happen anywhere like online, at home, or at school.

#### **Bullying can mean different things:**

- being called names
- being teased, put down or humiliated
- being pushed or pulled about
- having money and other stuff taken
- having rumours spread about you
- being ignored and left out
- being hit, kicked or physically hurt
- being threatened or intimidated
- being bullied through your phone or online

Bullying can also be part of other forms of abuse, including neglect, emotional, physical and sexual abuse.<sup>2</sup>

### Cyberbullying

Cyberbullying is any form of bullying that is carried out through the use of electronic media devices, such as computers, laptops, smartphones, tablets, or gaming consoles.

The STOP, SPEAK, SUPPORT campaign aims to help young people spot cyberbullying and know what steps they can take to stop it happening and provide support to the person being bullied. There three steps are:

- Stop and think. Don't share or like negative comments or photos.
- Speak out to a friend or trusted adult
- Support, if a friend is in trouble offer them support

### Tips and Advice

#### Childline

Childline offers advice on how to respond to bullying alongside various resources to help get the right support.

- **Build your confidence** – Bullying is nasty. And it can make you feel bad about yourself. But there are ways you can pick yourself up and feel good about who you are.
  - Try something new for the first time.

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<sup>1</sup> <http://thrivebradford.org.uk/friends-and-relationships/bullying.html#>

<sup>2</sup> <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying/>

- Write down some things you like about yourself.
- Do something nice for someone.
- **[Practise being assertive](#)** - Being assertive means being able to stand up for yourself without being aggressive. If you're assertive, you can say what you really think without being pushy or rude. There are resources on the Childline website which help you get the skills to be assertive.
- **[Block the bully](#)** - Some phones will let you block numbers. You can also block, delete or unfriend other users on lots of social networking sites. Stopping them from contacting you could help you feel less stressed and upset. You can also change your walk home or avoid them in school to stop them talking to you.
- **[Tell someone](#)** - Tell a friend: your friends can support you, even if you're not ready to tell them all the details. They can help take your mind off it and support you when you're feeling down. Or they might help you tell the people to stop bullying you. You can also get support from other young people who are in a similar situation to you on our [bullying message boards](#).

Tell an adult: You could tell a parent or guardian, or someone you trust about the bullying. They can give you advice and support. Find out more about [asking an adult for help](#). And remember, you can always [talk to us](#) about how you're feeling.

Tell a teacher: The teachers in your school have a duty to look after you. And you have a right to feel safe at school. Ask about the anti-bullying policy at your school - this should have details of what the school will do to tackle bullying.

#### Anti-bullying alliance top anti-bullying tips for children and young people

- It is not your fault if you get bullied, we are all different in some way and that's what makes us amazing.
- It is important that you tell someone about it.
- Keep a record of what happened, when it happened, and who was involved. If the bullying is online keep the evidence by saving any copy of the photos, videos, texts or posts.
- It can be tempting if you are being bullied to retaliate, this is not a good idea.
- Think about other ways you can respond to bullying. For example, practice saying: "I don't like it when you say that/do that – please stop."
- Only hang out with people who make you feel good about yourself.
- Be kind to yourself, and do things that make you feel good, relax and make friends.
- Remember to be kind to other people.

This information is from the anti-bullying alliance [hand out](#) sheet for children and young people.

#### **4 things to remember**

1. Nobody has the right to bully you.
2. Bullying could be done by friends, family, people at school and strangers – but it's never ok.
3. It can happen in different places – like at school, home or online.
4. There are ways to get it stopped and ways to feel better about yourself.

**Childline can be contacted for free on 0800 1111, [online through their website](#) or email – it's confidential.**