

A SURVIVAL GUIDE TO BULLYING

INTRODUCTION

Bullying can take many forms. Whether it be verbal or physical harassment, or exclusion from certain activities, continuous bullying on children can cause long term damage. Bullying ranges from subtle name calling from girls to physical aggression from the boys. Often when parents are told of their children's bullying, their reactions are that it is all part of growing up, or it happened to them and they survived, no-one likes a wimp, or they trot out the old saying "sticks and stones may break my bones, but names will never hurt me". But it can hurt and that hurt can last a lifetime.

WHAT TO DO IF YOU ARE BEING BULLIED

You may think that other people wouldn't understand what it is like to be bullied. You may be surprised how understanding people are about bullying. You have a right to feel happy and safe at school. Some of the things happening to you may in fact be illegal (such as stealing and physical assault). If someone threatens you or hurts you, it is not acceptable and you need to seek help.

ASKING FOR HELP:

Don't suffer in silence! All people have the right to ask for help if their right to safety and sense of well-being has been violated. Talk to someone you trust about the bullying. Asking for help is your right and is different from 'snitching' and 'dobbing'. Fighting back may only serve to land *you* in trouble!

- Make a list of people that you could talk to about your bullying problem
- Talk to your parents (ask them to help get some help from your teachers)
- Talk to a teacher you trust about your situation
- Ask them to help you find a solution
- Talk to your friends (ask them to walk with you when you don't feel safe)

COPING WITH HURTFUL COMMENTS:

Don't believe what the bully may say to you. When confronted by a bully, try to talk to them as confidently as possible. Respond to bullying in an assertive way. Stand in a strong but not threatening way, look the bully in the eye, count silently to 5 and say something like: "I don't like that and I want you to stop" and then walk away.

WHAT TO DO IF A FRIEND IS BEING BULLIED

It's hard enough when you are being bullied at school or after school. When it is a friend, brother or sister it can be hard to know what to do to help. Rest assured you can make a difference to what is a very difficult situation. You shouldn't feel like you have to get aggressive yourself or feel that you have to physically protect your friend. There are plenty of ways that you can help!

HOW DO I KNOW THAT A FRIEND IS BEING BULLIED:

- Changes in behaviour
- Happy at the weekend but not at school
- Unexplained physical signs

HOW TO BE A SUPPORTIVE FRIEND:

- Simply ask them are they being bullied when you have a moment alone with them
- Listen to them and be there for them when they are ready to talk
- Believed them when they say they are being bullied
- Ask them if they have a plan to stop the bullying
- Encourage them to ask for help

WHAT TO DO IF YOU ARE A BULLY

The life of a bully isn't all strawberries and ice-cream. Bullying is often a sign of a range of things that are happening in a persons life. There is NO excuse for bullying and ultimately it is the responsibility of the bully to do something about their own behaviour. Below are some ways you can be pro-active about changing you behaviour and setting course for a more fulfilling life.

A COUPLE OF THINGS TO THINK ABOUT:

- Think about your behaviour and how it effects others
- Trying treating people as you would like to be treated yourself
- If you feel unhappy at school your bullying behaviour may be one of the main causes

ASKING FOR HELP:

Talk to someone you trust about your bullying behaviour. Bullying is very harmful and serious. Why you may bully others can be for many different reasons. You have a right to seek help for your bullying behaviour if it is worrying you.

- Make a list of people that you could talk to about your bullying behaviour
- Talk to your parents (ask them to help you get some help)
- Talk to a teacher you trust about your bullying behaviour

BULLYING WORDFIND

V	N	G	E	C	S	C	D	T	H	E	V	S	R	F	Z	T	O	T	E
F	I	X	U	H	Y	P	Y	M	N	H	B	J	T	S	Y	Q	Y	C	N
E	W	O	Z	T	J	U	Q	A	S	E	U	F	E	H	P	G	B	K	X
L	S	G	L	Q	U	P	C	Z	N	U	P	A	R	E	N	T	S	J	P
G	Q	L	B	E	D	F	S	J	S	X	I	R	S	Q	K	F	W	L	Z
E	T	I	J	N	N	R	J	O	I	X	H	S	Q	Q	V	U	E	I	B
F	B	H	V	A	N	C	I	Y	Y	X	K	O	M	Z	R	H	D	O	V
U	R	A	Y	V	A	P	E	T	E	Q	Q	J	U	G	J	Q	O	K	G
J	J	I	E	I	A	W	F	F	S	F	U	K	T	B	B	V	E	O	O
J	Y	U	E	D	A	R	V	U	T	P	E	L	V	Y	Q	G	Q	O	M
E	S	M	F	N	B	Z	W	R	M	Q	C	O	P	I	N	G	Z	E	J
B	S	U	S	N	D	T	A	Q	Y	X	L	R	P	G	S	N	Z	G	E
E	B	B	P	L	J	E	E	W	O	O	E	X	G	D	R	T	L	N	T
W	S	W	U	P	F	Q	N	A	K	L	T	F	P	F	D	I	H	P	V
S	L	G	X	L	O	H	A	F	C	K	E	W	Q	C	W	M	Q	M	J
P	Z	G	D	X	L	R	A	J	Z	H	A	H	W	C	H	X	V	Y	T
Y	C	D	B	B	O	Y	T	G	V	R	E	F	N	G	C	R	D	S	V
P	A	U	N	P	H	C	I	I	G	D	I	R	S	Q	K	N	U	G	H
H	M	P	P	P	W	Z	Y	N	V	B	D	H	S	C	E	R	K	Z	O
E	G	Y	F	H	I	K	S	Y	G	E	Y	N	I	G	T	C	U	Q	V

WORDS TO FIND:

BULLYING
 COPING
 FEAR
 FRIEND
 HELP
 PARENTS
 SUPPORTIVE
 TEACHERS
 TRUST
 VIOLENCE