

Bullying

Bullying is when someone hurts you physically or verbally. This could be hitting or kicking; teasing or saying mean or nasty things.

Bullying can happen in a number of ways. You might be:

- teased
- called names
- lied about
- being hit or kicked or physically hurt
- being pushed or pulled
- having your money or things stolen
- being excluded or left out
- being threatened
- receiving horrible texts/emails/direct messages/social media posts
- mobile film of you being circulated

These are other types of specific bullying:

Homophobic bullying

If you are of a different sexual orientation you may get bullied. For example someone straight call you 'gay' as an insult.

Racist bullying

Because of the colour of your skin someone may call you horrible names linked to your skin colour or ethnicity.

Sizeist bullying

Because of your size, someone may call you 'fat' or 'skinny' as an insult.

Sexist bullying

Being the opposite sex, bullies may call you 'weak' if you are a girl for example.

If you are different to others, look different, have different colour hair or be taller/shorter.

People sometimes bully other people if they see their social class as a different – using names like 'chav' or a 'snob'.

Bullies use differences in intelligence; if someone is more or less intelligent than them.

Sometimes the bullying happens once, or sometimes for a long period of time.

Most young people have been bullied at some time and one million children are bullied every week.

Bullying can upset you, hurt you, make you feel isolated or worthless, lonely, lack in confidence, anxious and angry. It can lead to other problems such as depression, anxiety and eating problems or self harm. Bullying can happen to anyone.

Bullying in any form is hurtful and unacceptable. If you are being bullied, you need to talk to someone and get help.