



**Supporting families and young people
affected by bullying**



WALT: Have an awareness of bullying and its effects

S2S

I can identify ways of bullying

I can state how it feels to be bullied and the
impacts bullying has

I know where to go if I feel I am being bullied

Bullying facts/stats?

69% of young people experience bullying before their 18th birthday.

60% of people bullied because of appearance

30% said that bullying has had a huge impact on their social lives

38% said that bullying has had a huge impact on their self esteem

25% young people have had suicidal thoughts because of bullying



www.bullying.co.uk

Types of bullying

Physical (when someone pushes you, hits you or harms you in any way physically)

Name calling (bullied by name calling regularly and it is hurtful)

Social (leaving out, making plans and excluding others, etc.)

Cyberbullying (being bullied online, via mobile phone or on social networks)

Sexual (bullying includes unwanted sexual advances/comments, sexuality, spreading sexual rumours)



www.bullying.co.uk

How bullying can make you feel

- Depressed
- Anxious
- Isolated
- Withdrawn
- Suicidal
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Start to believe it
- Blame themselves



How might they react?

- Self-harm
- Feel depressed
- Suicidal thoughts/attempts of suicide
- Withdraw socially and stop going out
- Avoid social media or messenger
- Feel anxious about going to school
- Be very angry and be aggressive
- Bully others
- Develop an eating disorder
- Turn to drinking or taking drugs



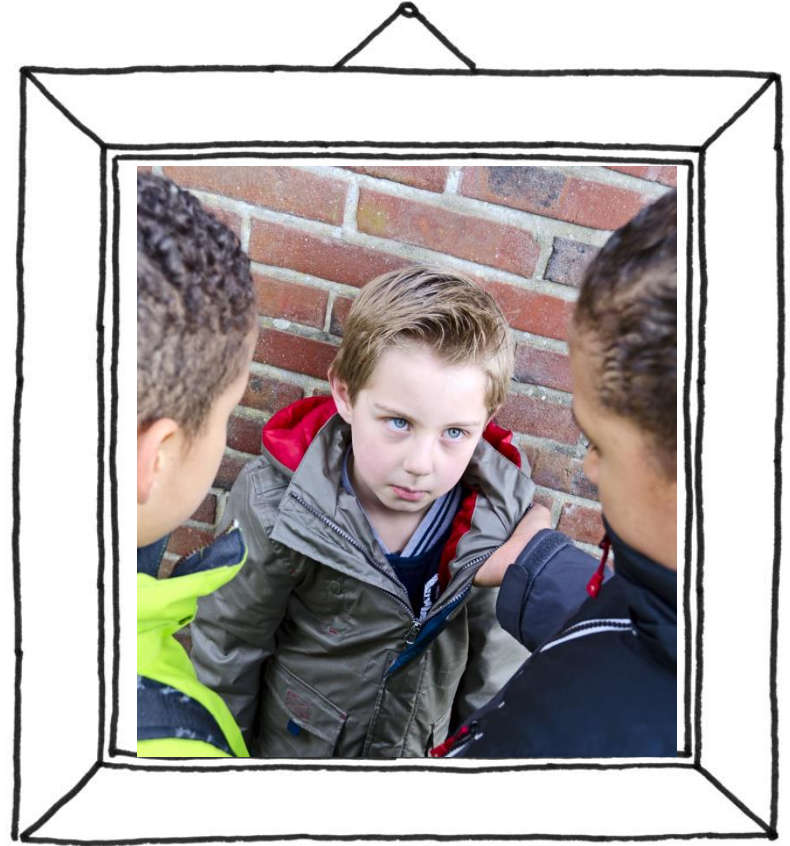
What about how bullying affects other areas of life?

- Family life
- School work
- Relationships
- Friendships
- Socially
- Emotional well-being
- Future relationships



How to get bullying to stop

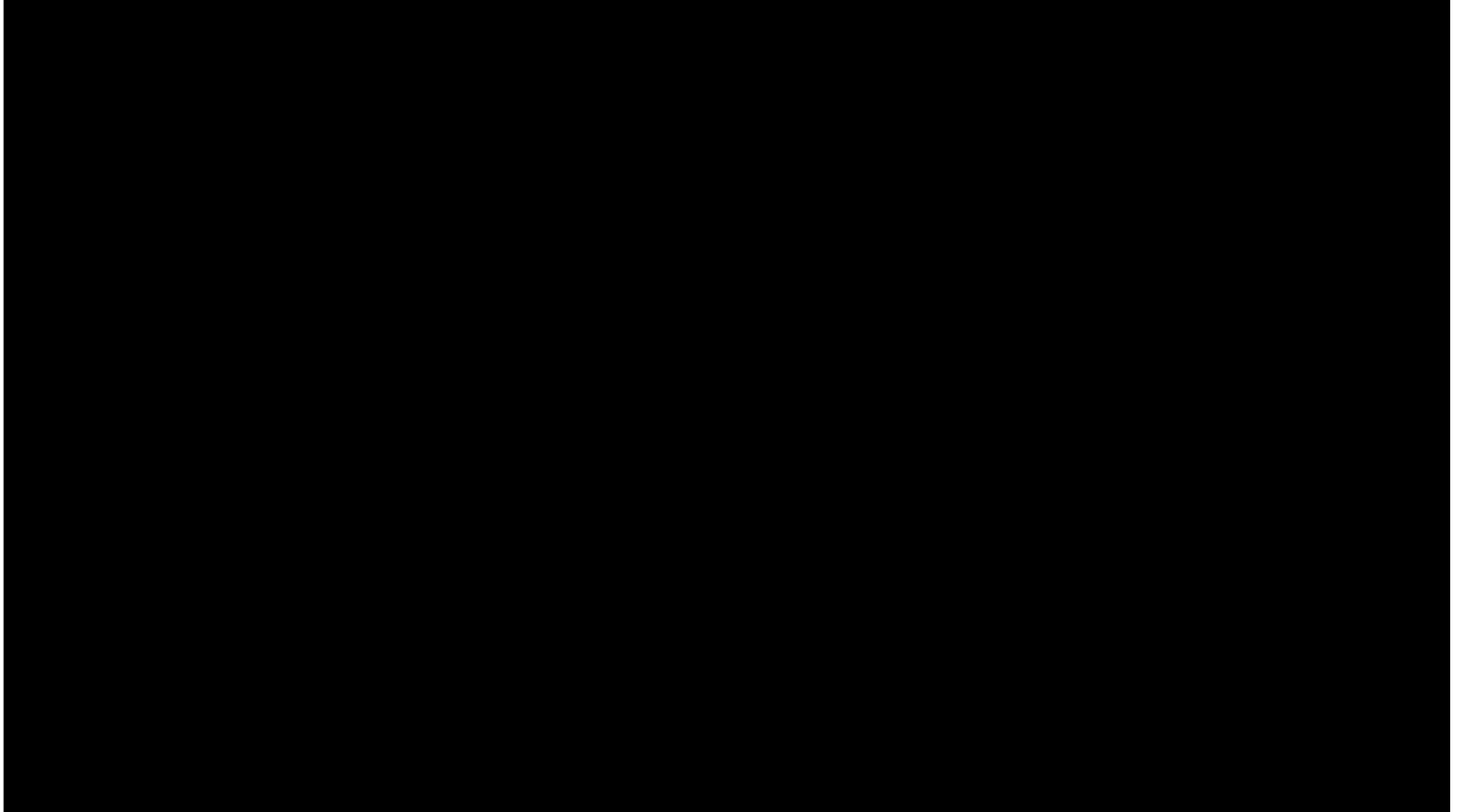
- Report the bullying to a teacher
- Tell a parent or a family member
- Be assertive not aggressive
- Ignore it and walk away
- Keep a diary of all incidents



True or false

1. You can spot a bully from the way they look and act?
2. Cyberbullying can only affect someone if they are online and have an account too
3. Bullying is a normal part of childhood and you should just ignore it
4. Bullying only happens in schools
5. Reporting a bully will make things worse
6. It is easy to spot the signs of bullying
7. It is not bullying if someone deletes the comment or post

Interactive bullying video



How we can help

- Online chat on our website or email us at parentsupport@familylives.org.uk
- Free helpline **0808 800 2222**
- Advice on our website www.bullying.co.uk
- **Twitter:** @BullyingUK
- **Facebook:** www.facebook.com/bullyinguk

Create an anti-bullying poster,
Include:

1. Types of bullying
2. How people feel when bullied
3. What you can do if you think you are being bullied

*Through life's ups and downs,
we're with you, all the way*