

# Bullying

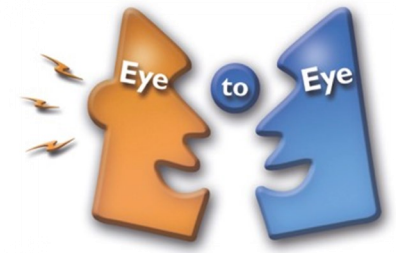
If somebody **physically hurts you**, or **verbally abuses you**, that's **bullying**.  
Bullying can be:

- Based on your sexual orientation (homophobic)
- Because of your skin colour or ethnicity (racist)
- Because of your beliefs or faith (religious)
- Because you are seen as "different" to them
- About your body size or personal appearance
- Online based abuse (cyberbullying/trolling)
- Calling you names
- Hitting, pushing, punching, or kicking

Bullying can be a one-off or it can go on for a long time. Either way, it can cause lots of stress and anxiety, which can feel horrible.

## What can I do?

- Ignoring it won't make it go away, so it's important that you **talk to someone you trust**. This might be a parent, grandparent, a friend, or a professional from one of the 'Helpful resources.' Just talking about it can be a huge relief
- If the bullying is happening in school, college, or Uni, then talk to your form tutor, Head of Year, your Wellbeing/Pastoral Care unit, or a teacher/tutor that you like. They have a duty to make you **feel safe** and free from harm
- **Block** anybody that makes you feel bad online, and any accounts they make
- Keep a **log** of the bullying i.e. screenshots, photos, diary logs with dates etc
- **Talk about your worries** with your school or community Eye to Eye counsellor
- Understand that bullying can be upsetting and difficult, but it's **not your fault**
- Make **self-care** a priority- good sleep, staying active, and trying to do relaxing hobbies as much as possible can really help
- Balance things out by surrounding yourself with **good people** who make you feel **positive**



"Sometimes we all need someone to talk to"



## Helpful Resources

[Young Minds: Bullying](#)

[Shout:: Support with Bullying](#)

[The Mix: Bullying Information and support](#)

## Useful Contacts

### Eye to Eye Counselling Service:

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

### Childline

0800 1111

[www.childline.org.uk](http://www.childline.org.uk) (online chat available)

### The Mix

0808 808 4994

[www.themix.org.uk](http://www.themix.org.uk) (online chat available)

### Kooth

[www.koothplc.com](http://www.koothplc.com)

