

A Kidscape

Guide to bullying

Top tips for dealing with bullying
both online and face to face



You are not alone.

Being bullied can feel really horrible. It can make you feel scared, alone, angry, sad and much, much more.

Kidscape is here to help. Just like in games, when you make choices that impact what happens, you also deserve to feel in control in the real world. It doesn't mean that you can control everything (otherwise we'd make it rain pizza, which would be awesome), but it does mean that you get to decide things like who you want to be friends with and what to do if you're being bullied.

In other words, you get to choose your own path, your own adventure, just like you would in games. This guide is about helping you to do just that.



Am I being bullied?

Sometimes it can be hard to know if you're being bullied or if it's 'banter' or a friendship fall-out. With banter, everyone is having fun, and no one gets hurt. We may have disagreements with other people, but that doesn't mean they can hurt us. Bullying is behaviour that is:

- intended to hurt
- repeated
- and where it's hard for the target to defend themselves (in other words, the person doing the bullying has the power).

Children are most often bullied by other children, but can also be bullied by adults.



What to do if you're being bullied

1.

Remember it's not your fault

You might feel scared, sad and embarrassed but it's the person or people doing the bullying that need to change, not you.

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2.

Get help. Don't suffer in silence.

Think of someone who could help. Tell them you think you are being bullied and you need their help to stop it. If they don't give you the advice you need, go to the next person until you find someone that can help you stop it. No one has the right to hurt you. It is a strong person that asks for help.

3.

Keep a record

Try and keep a diary of events. This should include what happened, when and with who. Your trusted helper might be able to help you do this.

3.

4.

Know your friends

Make sure you only hang around with people who make you feel good about yourself. If someone makes you feel sad, scared or makes you do things you don't want to do they are not your friend.

5.

Practice standing up for yourself (or being assertive)

It can help to practice standing or sitting up tall in the mirror, making eye contact and saying a clear, firm 'No'. Don't let the person bullying you get a reaction from you.





Remember no one has the right to hurt you.

If someone has hurt you in any way, has touched you in a way that made you uncomfortable or is trying to get you to do something dangerous or risky then seek help. If the person you talk to doesn't listen or take you seriously, don't blame yourself, find someone who will help.

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