



Coping with Bullying

Bullying is when someone deliberately and repeatedly hurts someone else either physically or emotionally. The person doing the bullying usually tries to make the other person feel inferior.

Bullying can lead to feelings of isolation, difficulty concentrating, school refusal, difficulty sleeping or frequent nightmares, nervous behaviour, anxiety or depression, disinterested in usual activities

 **Mind**
Buckinghamshire

Types of bullying

Physical Bullying

Harming someone in a physical way

- Hitting
- Kicking
- Biting
- Shoving
- Tripping up
- Breaking or damaging property

Emotional Bullying

Harming someone by damaging their reputation or relationships

- excluding/isolating
- humiliation
- spreading rumours
- manipulation

Verbal Bullying

Hurting someone with spoken or written words

- Name calling
- Making threats
- Writing hurtful comments
- Rude or inappropriate language

Cyber Bullying

Deliberate hurtful behaviour towards someone online

- Posting or sending hurtful texts, pictures, comments, emails
- Making online threats
- Excluding from games, chats etc





What to do if you are being bullied

- Talk to someone about it - a trusted friend or adult
- Spend time with real friends who are kind
- Talk about how it makes you feel
- Stand up for yourself confidently
- Say NO! or tell them to stop.
- It's ok to be angry and hurt, but don't retaliate.
- Don't engage with them, just walk away
- Consider how you are using social media



Where to go for help

If you or someone you know are being bullied in any way, it is important to seek help. Talking to someone is the first step towards getting help.

You could try talking to your family, friends, GP, a school counsellor, teachers or you could get in touch with any of the organisations below:

- CAMHS (Children & Adolescent Mental health Service)
www.oxfordhealth.nhs.uk/camhs/
01865 901951
- Kooth
www.kooth.com
- Young Minds
www.youngminds.org.uk



 mind
Buckinghamshire