



Bullying

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**Bullying only
happens in schools**

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**If you report the bullying
to a teacher then
you are a 'snitch'**

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This is not the case at all, bullying can happen to anyone at any place. It may be out of school, at university or even college.

It can happen when you are out with mates or on the way to or from school.

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It can be difficult for someone to get help for bullying and confiding in someone can be hard too. It can be worrying for a young person to report the bullying in case there are reprisals, however without help or support, it make make it harder to stop the bullying.

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It's ok to hit someone
who is bullying you, it
will stop it

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It is not bullying ...
it is banter,
can't you take a laugh?

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It's understandable that you may be angry but if you were to get violent or aggressive it may make matters much worse as you may get into trouble too or get seriously hurt.

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It can be confusing for someone to try and work out whether the name calling is banter or bullying. A young person going through something like this might feel intimidated or feel under pressure not to make a fuss because others are saying it is just a joke. If it is a one off incident then it may be that it is banter. However, if the name calling becomes persistent and regular, then this is bullying.

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Is there such thing as an
innocent bystander?

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Online bullying is just
banter, having a laugh and
totally harmless

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You see a group of people watching someone being bullied by another individual, what do you do? Do you continue to watch? Try and get it to stop or seek some help for the person? There is no such thing as an innocent bystander in bullying, if you choose to take no action, then you are partly involved in the bullying.

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People being bullied online is a very serious issue, the bullying can go viral very quickly and make the problem escalate fast. Many young people who have been bullied online do not feel it is banter or harmless and it has damaged their life and often leaves scars that don't go away. If you are being cyberbullied, it is important to take a screenshot of any conversations, messages or posts that you feel are bullying so that you have a record.

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Cyberbullying doesn't
involve physical harm so
what's the harm?

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It is not bullying if
someone deletes the
comment or post

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Actually, some people have committed suicide as a result of not seeing any way out of the non-stop harassment, threats and abuses. The emotional scarring stays for a lot longer and sometimes a person will never get over this and it affects every area of their life in the present and the future.

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Regardless of hitting delete, once something is posted online it gets its own unique URL (the <https://>) which means that it can stay on cyberspace even if you hit delete. Nothing is secret in cyber space and something you write now might damage your job prospects in future because many employers search the internet before they take people on.

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Cyberbullying can only affect someone if they are online and have an account too

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What can you do to get online bullying to stop?

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This is not true, pages and fake accounts are created regularly without a person's permission or knowledge. This sort of cyberbullying is on the increase and just as serious as any other form of bullying.

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Confide in someone you trust so you can get help to get it stopped. Take screenshots and save any messages, pictures or posts with dates and times. Block the bullies so they cannot contact you. Don't respond or retaliate as it could make matters worse. Ensure all your personal data like logins and passwords are private and check your privacy settings. Don't post anything online that leaves you vulnerable to online bullying. Report it, even if it is not happening to you.

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If bullying was so bad,
why don't they have
a law about it?

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It is easy to spot the
signs of bullying

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Some forms of bullying are illegal and should be reported to the police including violence or assault, theft, repeated harassment or intimidation, e.g. threats and abusive phone calls, emails or text messages and hate crimes.

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It is not always easy to spot the signs of bullying as it is not always physical and obvious. Emotional, verbal and online bullying can often leave scars that people don't see. It is important not to assume the person is ok as they may be putting up a front, inside a person may be feeling humiliated, low self-esteem, anxious and much more. They may also be harming themselves in physically too, like self-harm, eating disorders, etc.

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Children grow out of bullying

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Bullies are born this way, it's in their genes

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Quite often children who bully may grow up to be adults who bully or use negative behaviour to get what they want, unless there has been intervention and their behaviour challenged by the relevant authorities, whether it be school or parents, etc.

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Bullies often adopt this behaviour from their environment or sometimes, it's a reaction from them being bullied by others. Whatever the case, it is not right and bullies and bullying should be stopped.

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