

See it!
Stop it!

ndcs
every deaf child



**What you need to know
about bullying**

Bullying can happen to anyone, at any age and it affects lots of young people. People bully others for all sorts of reasons – what they look like, being clever, the clothes they wear, or because they are deaf – and sometimes for no reason at all.

Bullying is NEVER OK and if you are bullied it's important to remember it's NOT YOUR FAULT. You may feel sad, angry, scared or bad about yourself, but you can get help to make it stop and there are people you can talk to.

You can talk to friends, family or a teacher. It doesn't matter who you tell as long as you think about telling someone.



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Stop it!

What counts as bullying?

Bullying can mean lots of different things, including:

- name-calling or teasing
- hitting, kicking, pinching, pushing or pulling someone around
- being ignored and left out from friendship groups
- breaking, hiding or stealing someone's things
- people making up and spreading nasty stories about you
- sending nasty messages online or by text
- making you do things you don't want to do or making you feel uncomfortable
- making you feel frightened, stupid or bad about yourself.

Bullying can be one of these things, or a few of them and it can happen again and again. Some people pick on others because they think they're cooler, cleverer or better than them. The important thing to remember is that if you don't like something that someone is doing, you don't have to put up with it – tell someone.



I'm being bullied. What can I do?

Don't panic! It can be sorted out.

Don't believe the bullies. They're not your friends and will say untrue, nasty things just to make you upset or angry.

Tell someone. This can be a friend, parent/carer or teacher, or you can call Childline (www.childline.org.uk) and talk to a friendly counsellor – you won't need to tell them your name. A counsellor is someone who you can share your worries with. Bullying can be hard to talk about, so if you would like to talk to someone who is your age you can chat to them online on the BeatBullying website (www.beatbullying.org).

Try to stay away from the bullies. Stay close to your friends if you don't feel safe. Make sure you walk or get the bus home from school with someone and ask your mates to look out for you.

Don't fight back. You might feel like lashing out, but it won't help – this can make things worse and could get you into trouble yourself.

Make a record. Keep any nasty notes, texts, emails or drawings the bullies have sent to you so that you can show someone what's been happening.



**And remember
it's NEVER your fault**

People are sending me nasty texts or online messages. What can I do?

Tell someone. A friend, parent/carer, teacher or contact Childline or BeatBullying.

Ignore them. Don't reply to the text messages, emails or posts and don't answer calls from someone who is bullying you.

Keep the messages so that you can show someone (take a screen grab of the page or take a picture using your phone).

Change your number or email address and only give it out to close friends and your family. Ask them not to share it with other people.

Block the bullies. Most websites will let you block people you don't want to hear from. Thinkuknow (www.thinkuknow.co.uk) shows you how. You can also block the sender of nasty texts. Not all mobiles can do this, but it's worth checking by looking in your phone's handbook.

Change your privacy settings on social networks (Facebook, Twitter etc.) so that only your real friends can contact you and see your page or profile.

Report them. If someone has posted something upsetting about you on a website, you can report them. Visit Thinkuknow to find out how. If you have been bullied on your mobile phone, you can report them to your mobile network company.



If you know someone who is being bullied you can help by sharing this booklet with them. Try to get them to talk to someone or you could tell someone for them.



Do others think I've bullied?

Sometimes, when it's difficult at home or we aren't happy about things we take it out on other people. **Remember, it's important that you don't bully others.**

I think I might have bullied someone. What can I do?

If you know you have bullied others, even if you didn't mean to, it's important to know what to do to stop and move on.

Admit it. Admitting to yourself that what you are doing is wrong is hard, but it's the first step to stopping.

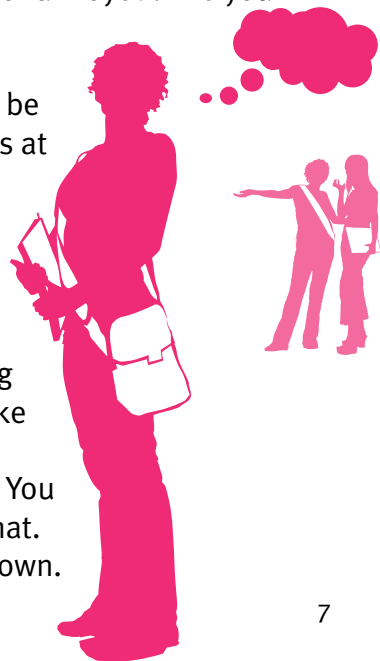
Say sorry. Find the people you have bullied or been unkind to and apologise. This will take a lot of courage as they might not want to talk to you, but it's the right thing to do.

Think before pressing 'send'. If you've written a nasty text message or online post, read it again before you send it. Do you really want to send it and hurt someone's feelings? If it's nasty, delete it.

Think about why you have bullied. Is there something in your life that is upsetting you or making you feel angry or annoyed? Are you being bullied?

Focus on something else. Make it your goal to be better at your favourite sport, get better grades at school, or join a youth or film club. This will distract you and achieving something will make you feel good about yourself.

Talk to someone. If you feel that you can, talk to a teacher or parent/carer about what's going on, or even a friend of your own age. If you'd like to talk to someone else, you can call Childline (**0800 1111**) and speak to a friendly counsellor. You can also contact Childline by email or online chat. Don't worry, they won't judge you or put you down.



Where to get help



The Buzz – information especially for deaf young people, including a section on bullying, online bullying and mobile phone bullying.

www.buzz.org.uk/infoadvice

BeatBullying – talk to another young person online through the BeatBullying Mentor scheme. You can find out how to deal with bullying, including online and mobile phone bullying and how to stay safe when using the internet.

www.beatbullying.org

Childline – free helpline for children and young people on any issue, including bullying. Friendly counsellors will take your call and listen. Helpline: 0800 1111 (24 hours). You can also contact Childline by email or online chat.

www.childline.org.uk

Childline Deafzone – advice for deaf young people on bullying, including videos in BSL with subtitles.

www.childline.org.uk/deafzone

Thinkuknow – created especially for young people. Covers online and mobile phone bullying, as well as the latest information on websites, mobiles and technology.

www.thinkuknow.co.uk