

Some handy numbers and websites to help you!

www.childline.org.uk
0800 1111
Free and confidential help line.



www.bullyfreezone.co.uk
Information and support service for children and young people.



www.wisekids.org.uk
Information about safe internet use.



www.meiccymru.org
TEXT 84001
Information, advice and Support for children and young people

Stonewall
www.stonewall.org.uk
Helps tackle homophobia and Homophobic bullying



www.Thinkuknow.co.uk
Good advice and tips about how to keep safe and stay safe online



We would like to thank Abergavenny Communities First and pupils across Monmouthshire who helped to produce this leaflet



How to stay happy and feel safe.....

A bullying advice leaflet



On your phone, when you text or call other people



After School

Hanging out with friends

Writing hurtful messages on your wall

People hacking to your Face book or Twitter



In school
In the yard
On the way to school



What is bullying ?

Bullying is something which happens again and again. Its when people do things to you such as hitting, kicking or calling you names on purpose.

Bullies can make you feel very upset or hurt. Sometimes people who bully are bigger than you, older than you or think they have more power than you.

Bullies can hurt you and upset you in many ways and do it because of many things:



Racist Bullying

Because of someone's ethnic origin, culture, language or faith.

Homophobic Bullying

Because of somebody's sexuality

Using offensive homophobic language to bully people

Cyber Bullying

- Nasty texts to your mobile
- People writing about you on Facebook or other sites
- Saying horrible things when you play on X box or play station

Emotional Bullying

- Making you feel sad
- People who ignore you and make you feel alone
- People spreading rumours about

Physical Bullying

- Hitting you
- Kicking you
- Biting you
- Pushing you over

Verbal Bullying

- Name Calling
- Teasing



Bullying is not:

- A one off argument with your friend
- When you fall out with your friend
- When your friend calls you a silly name

What should you do if you are being bullied?

Tell an adult you TRUST this could be a teacher, your parent or carer or you could talk to your friends

Don't keep it to yourself!



**Tell a teacher
Express your feelings
Live a life of happiness
Live a life of freedom**

Write down things that happen to you in a notebook–

Where it happened

What was the date and time

Who was involved

How it made you feel

When you tell someone take your note book with you. If you are too upset you will be able to show them the book.

