

BULLYING

I feel so lost and I don't know who I should turn to

WHAT IS BULLYING?

Bullying usually involves a person (a 'bully') or group of people ('bullies') acting in a harmful way towards the person being bullied. The bully or bullies put themselves in a position of power over the person being bullied, which they then exert by treating this person in a negative, often derogatory way. Being bullied has a negative effect on how a person feels about themselves and can in some circumstances lead to an individual being abused.

Bullying can be experienced in different ways:

- Homophobic or Biphobic Bullying – Being bullied because of your sexuality
- Transphobic Bullying – Being bullied because you are transgender
- Cyber Bullying – Bullying that occurs online e.g Facebook, WhatsApp and Twitter
- Workplace Bullying – Bullying that occurs at your place of work

HOW DO YOU KNOW YOU ARE BEING BULLIED?

Bullying can occur in a number of different ways, some of these include:

- Calling someone derogatory names
- Making racist, homophobic or sexist comments
- Teasing, taunting or winding someone up
- Starting and spreading rumours about someone
- Giving someone the silent treatment – refusing to acknowledge or talk to someone
- Excluding someone or singling them out as different
- Pushing someone about
- Violently attacking someone
- Stealing, moving or destroying someone's stuff
- Posting videos, photos or comments about someone against their will

I want them to leave me alone

CAUSES

People can be bullied for all sorts of reasons. It could be because of age, gender, sexuality or race. Sometimes it can just be a small thing like being 'different' that makes people pick on you. You might look different, wear different clothes or have different interests. Whilst bullying might start out because someone is different, often the person being bullied can be thinking 'why me'. As the bullying continues, sometimes the person being bullied can begin to internalise all the negative thoughts, feeling and actions being targeted on them and as a result develop very low self-worth and confidence.

WE ARE HERE TO LISTEN TO YOU

If you or someone close to you has problems with bullying, then talking to a counsellor who is outside of the situation can help. Because they don't know who you are talking about and because it is confidential, you can talk about what is going on without any repercussions. Simply give us a call.

I'm terrified that whatever I do will make things worse

HOW DO YOU CONTACT US?

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TALK TO US

OFF THE RECORD