

# BULLYING

TALK TO US

OFF  
THE RECORD

## 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 occur when bullies target a person for something that makes that person different from them; the difference might be based on race, ethnicity, size, appearance, disability, religious background, sexuality or gender.

Bullying is often thought to usually occur in a school setting but it can take place in different contexts:

- **Cyberbullying** – Bullying that occurs online e.g. social media, online forums, and WhatsApp.
- **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, ableist, queerphobic 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*

## WAYS TO LOOK AFTER YOURSELF AND GET HELP FOR BULLYING

- Positive self-talk: Only say things to yourself that you would say to your best friend; treat yourself like you would treat your best friend.
- Do activities that you enjoy like your hobbies. Watch a feel-good film and create a playlist of your favourite songs.
- Spend time with people who care for you and make you feel good about yourself.
- Join a peer support group to surround yourself with people who are supportive and can respect your uniqueness and individuality.
- Talk to someone outside of the situation like a counsellor or trained listener at Childline (0800 1111) and Samaritans (116 123).
- If the bullying is taking place at school, talk to a teacher or school nurse – your school might have adopted an anti-bullying policy which should include strategies to address it.
- Bullying in the workplace can be reported to a line manager, senior staff member or human resources (HR). If this does not help then you can consider seeking support from a trade union representative.
- Report abusive posts, videos or comments to the social media platform where they have been posted.
- Try limiting the time you spend on social media or plan a social media detox every now and again.
- Consider making your accounts private and only accept follows and friend requests from people you trust.