

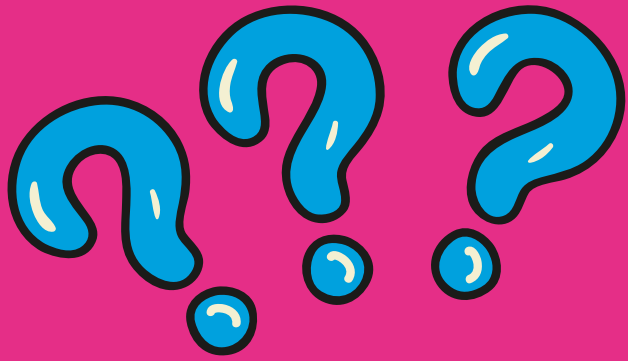
# Anti-Bullying Guide

For Children and Young People



This guide is informed by 'Respect for All', Scotland's Approach to Anti-Bullying.

## What is BULLYING?



Bullying goes against your rights as a child!

Bullying is face to face and/or online behaviour. When you are being bullied in person or online, it can make you feel hurt, scared, left out and afraid.

You might feel that things have got out of control and that you don't know what to do to make it stop, or at least feel able to cope while it's going on.

The bullying might be hurting you physically in your body or emotionally in your feelings, and even if it only happens once you may be worried that it'll happen again.

## what is BULLYING BEHAVIOUR?

- Being called names, teased, put down or threatened
- Being hit, tripped, pushed or kicked
- Having belongings damaged or taken
- Being ignored, left out or having rumours spread about you
- Sending horrible messages, pictures or images on social media, online gaming platforms or phones/tablets
- Behaviour that makes people feel that they are not in control of themselves
- Being targeted because of who you are or who you are perceived to be



It can sometimes be difficult to know if you are being bullied, for example:

When you're not invited to a party, it could be because there's a limit on numbers and although it can be disappointing, it probably isn't bullying.

Relationships can be complicated, and some things may be bullying, so if you feel hurt and unsure of what's going on talk it through with a friend or trusted adult.



**Some behaviour may be against the law and may need to involve the police.**

**If you feel that you are in danger speak to a trusted adult and they will involve all the right people to help you feel safe.**

## HOW ?

**Can affect your mental and physical health**

Can make you feel less confident about yourself and harm your future

## How Bullying Can Affect You?

Can lead you to participate less in activities, not attend school or leave you feeling excluded from every day life

**Can be left feeling unsafe, not respected or included**

## HOW ?

**Can make you feel less in control of your life**

# Respect

## FOR ALL

help is

# AVAILABLE



Your school and any clubs you attend should have a set of rules about bullying, usually called a 'policy' to keep you safe.



There are plenty of online resources available to use; respectme, Anti-Bullying Alliance, NSPCC and Childline, just to name a few.



Someone will want to listen to you, find an adult you trust to help.

## REPORT AND RESPOND

★ Tell a trusted adult about what you have experienced or seen

★ Report behaviour to the right person, such as:  
Whoever looks after you  
Teachers at school  
Coach or Club leader

★ Bullying is not allowed online and each website will have their own reporting section for you to use when experiencing online bullying



Try to be kind and show respect to others



Try not to get drawn into the situation, stay cool and find someone to report what has happened



With adult help, set up an anti-bullying group at your school or club. This will help spread the word that bullying is not acceptable and that we all should be respected!



Bullying takes away your rights and can make you feel hurt, frightened and left out. You have the right to be respected, and you can show others respect too.

**There is always help available should you need it.**

**Reporting bullying is extremely important! You do not have to go through it and it's never forever - things will get better in time.**

If you experience bullying or see someone else being bullied, keep yourself safe, but try to speak out and tell an adult.