



Divine Buzz Anti-bullying guidelines for children and young people

What is bullying?

Bullying is defined as repeated behaviour which is intended to hurt someone either emotionally or physically and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

The different types of bullying

- Physical assault - Hitting, slapping, or pushing someone.
- Social bullying for example a group of young people against one young person • Threatening, intimidating, or humiliating someone
- Name calling and teasing.
- Cyberbullying for example:
 - Posting horrible or mean comments or photos of someone on social media
 - Commenting on someone's posts or pictures saying nasty things.
 - Sending nasty messages by text or online
- Sexualised bullying - Physical contact without consent or rude facial contact or touching that is uncomfortable.
- Constant criticism or spreading rumours.
- Stealing someone's possessions.

Victims of bullying

- **Primary:** Those who are the targets of bullying.
- **Secondary:** Those who are attached to the primary victim for example friends.

Bystanders during bullying

Any other people witnessing the bullying.

Effects of bullying

- Anxiety
- Low self esteem



- Withdrawn behaviour
- Isolation
- Suicidal thoughts and attempts **Are you being bullied?**
- If you think someone is bullying, you walk away.
- If you cannot walk away easily or if the bullying is causing you to feel sad tell someone you trust exactly what is happening.
- It might help if you write down what happened and how it made you feel. Write down the names of anyone who saw it happen.
- Tell someone you trust exactly what happened and why you feel sad.

How to safely deal with bullying

While at Divine Buzz, report instances of bullying as soon as possible to the responsible adult for example a staff member or a volunteer. Also, tell your mum and dad, a relative, or someone you trust. And if it is at school, then, report to your teacher.

If you are worried or frightened, or if the bullying is causing you to feel sad, call the National Bullying helpline. Call Free on 0300 323 0169

Can I report bullying to the police?

You can get the police involved if a crime has been committed, so if any of the following has happened to you then, YES you should talk to the police.

- You have been physically assaulted or attacked.
- Sexually assaulted or touched in a way that's uncomfortable.
- Someone has stolen from you.
- You're bullied because of your race, sexual identity, or disability.
- Someone has posted naked photos of you online.
- If you are threatened with a weapon or knife.

How do you stop the bullying?

Try to avoid the bully when you are alone: Try and avoid the bully if you can, stay away from places where bullying happens. Don't give them an opportunity to get you alone. Don't hide away or bunk off school, but if you can, take a different route to school or class. If you can, walk to school with a parent or a friend whenever you think you might run into the bully.



Try to be brave and don't react to the bully: Try and be brave and don't show the bully you are scared or upset. You might get angry or want to fight back but this can make things worse. Bullies are looking for a reaction from you so getting upset or angry will let the bully know they are hurting you and make it more likely that they will bully you again in the future.

If you can, tell the bully to stop: If you feel brave enough, It's OK to say, "What you just did is not OK with me, it is not nice so please stop doing it" If speaking up seems too hard or not safe, walk away and stay safe.

Tell someone you trust, don't ever be afraid to ask for help: This can be scary if the bully has told you that they will get you if you say anything. This is how they control you so they can bully you again. They are also afraid of getting in trouble. It's very important you tell an adult about what is happening, this is not grassing or telling tales. Bullying is wrong and needs to be stopped before someone gets hurt. Tell your mum and dad, session leader, or a teacher what has happened and tell them you are frightened of the bully.

Keep a diary or record the bullying: Sometimes us adults just don't understand, we may say something like "It will be OK, don't worry about it" or "Just stay away from them", you might be worried your session leader won't take it seriously and even make things worse by saying something to the bully. Keeping a diary or recording of the bullying is very powerful and makes it real for adults. It proves that this is happening and gives the adult all the evidence they need to make it stop.

Be Cyber-Savvy: Don't ever give your name, age, address or contact details to ANYONE online without your parents' permission. If you are being bullied online, delete, or block that person, you can ask an adult for help with this, but you probably know more about computers than they do!

How to self-safeguard against bullying

Try to build resilience and confidence. When you are confident in who you are, it is not easy for someone to make you feel insecure. Also try to build resilience. For example, when bad things happen, try, and build positive thoughts in your head.

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