



Bullywatch | website

This leaflet has been produced in conjunction with the bullywatch website which can be found at www.bullywatch.org

Our website provides a wealth of information about the three groups associated with bullying; victims, bullies and bystanders, giving helpful information and advice. This leaflet accompanies the website and has been produced to give information to those who may not have immediate access to the internet.

(Please note, the internet is available free to everyone at most libraries.)



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bullywatch | information



bullywatch | victims

Bullying is when a person is being continually treated badly by one person or a group of people. Bullying can take many different forms, all of which can be equally distressing for the victim.

bullywatch | bullies

Do you enjoy making other people feel small, calling others names, pushing others around, trying to get your way in every situation? Then you could be a bully, if you are willing to admit that you are, you have taken the right first step.

bullywatch | bystanders

A bystander is someone who stands by and watches when other people are being bullied. They may also join in by laughing and adding to the bullies insults. This makes the situation worse for the person being bullied.

What are the different forms of bullying?

Verbal: name calling, making offensive remarks, typically about weight, height, colour, clothes etc.

Physical: being kicked, punched or threatened by other people. **Indirect:** being left out of conversations, spreading rumours. **Cyber:** being sent nasty text messages or emails.

What can I do if I am being bullied?

The most important thing to do if you are being bullied is to talk to someone, tell an adult that you trust (like a teacher, parent, carer or an organisation like Bullywatch). It will always feel better to talk to someone, they will be able to help you deal with the bullying and help put a stop to it. There are many other things you can do when you are being bullied which can also help. For a full list of these please visit our website at www.bullywatch.org.

What can I do to stop bullying others?

Most people who bully do it for a reason, this reason may be that you are having problems at home, and feel that you have to take it out on someone at school, or you may enjoy making others feel smaller than you. If any of this sounds familiar to you, it is best to talk to someone. Once you have done this that person will be able to help you stop the bullying. If you are experiencing problems at home then they will be able to direct you towards the best person to speak to.

What happens to bullies?

If you continue to bully others at school you may become suspended or expelled, this will affect you later in life if you don't get help now. Many people who used to bullying in school now find it hard to hold down adult relationships and some have even ended up in prison. If you want to find out more information please visit our website at www.bullywatch.org.

What can I do to help?

Many people who see bullying don't know what to do, and end up not doing anything as they feel they don't want to get involved in the situation. They worry that they themselves may become a victim too. If you are one of these people who witnesses any instance of bullying the best thing to do is to talk to someone in confidence. Tell them what you have seen and tell them that you want to help and make sure they don't mention that you are involved, that way you can stay anonymous and help the person being bullied. For more information and help please visit our website at www.bullywatch.org.