

Information for Children and Young People

CHALLENGING HOMOPHOBIA



DEFINITION OF BULLYING:

Bullying is deliberate behaviour intended to hurt, humiliate or intimidate. It can be:

- ⓐ Physical - hitting, kicking, taking things
- ⓐ Verbal - name calling, insulting, making offensive remarks
- ⓐ Indirect - spreading nasty rumours or stories, excluding from social groups, sending malicious emails or text messages.



HOMOPHOBIC BULLYING is another form of bullying – it is a fear of and a prejudice against lesbian, gay and bisexual (people who are attracted to people of the same sex or both) people or thought to be by others. Some people are lesbian, gay or bisexual.

HOW TO CHALLENGE BULLYING BEHAVIOUR:

- ⓐ Check your own behaviour. Don't use the word "gay" to mean rubbish or boring or useless. "That's so gay" is homophobic
- ⓐ Refuse to be involved in any bullying situation.
- ⓐ Do not let someone be left out of a group on purpose
- ⓐ Encourage someone who has been bullied to join in with your activities or groups

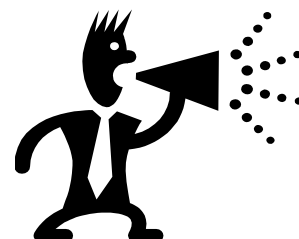
IF YOU SEE SOMEONE BEING BULLIED:

- ⓐ Do not smile or laugh
- ⓐ Tell an adult what is happening
- ⓐ If you can, tell the bully to stop what they are doing
- ⓐ If you can, show the bully that you don't like his or her actions

If you do nothing when you see bullying, you will be letting it happen or even showing you think it is a good thing.

IF YOU ARE BEING BULLIED:

- ⓐ Remember it's not your fault - it's the people who are homophobic, the bullies, who are in the wrong and there are people who can help you
- ⓐ Be firm and clear – look them in the eye and tell them to stop
- ⓐ Get away as quickly as possible
- ⓐ Tell an adult straight away



IF YOU HAVE BEEN BULLIED:

- ⓐ Don't blame yourself for what has happened
- ⓐ Tell an adult
- ⓐ Tell your family
- ⓐ If you are scared to tell an adult, ask a friend to go with you
- ⓐ Keep on speaking out until someone listens

WHEN YOU ARE TALKING ABOUT HOMOPHOBIC BULLYING WITH AN ADULT, BE CLEAR ABOUT:

- ⓐ What has happened to you
- ⓐ How often it has happened
- ⓐ Who was involved
- ⓐ Who saw what was happening
- ⓐ Where it happened
- ⓐ What you have done about it already

WHAT SUPPORT YOU CAN EXPECT:

If you talk about homophobic bullying to an adult, you can expect:

- ⓐ To be listened to
- ⓐ To be taken seriously
- ⓐ Confidentiality to be respected wherever possible
- ⓐ Practical advice
- ⓐ Action to be taken
- ⓐ The situation to be monitored, in agreement with you

Support people you know are lesbian gay or bisexual – let them know its OK with you – why shouldn't it be?



Taking action together

HELPFUL CONTACTS

Childline

0800 1111

Childline is a free 24 hour helpline for children and young people in the UK
www.childline.org.uk

Educational Action Challenging Homophobia (EACH) Helpline

National Helpline for young people experiencing homophobic bullying

Telephone: 0808 1000 143 Monday to Friday 10.00 a.m.—5.00 p.m.

Saturday 10.00 a.m.—midday

Kidscape

www.kidscape.org.uk

Beatbullying

Charity which works with schools and young people to tackle bullying.

<http://www.beatbullying.org/>

Bullying.co.uk

Support for children and young people

www.bullying.co.uk

Anti-Bullying Alliance

www.anti-bullyingalliance.org.uk/

November 2010

Community Educational Psychology Service, Anti-Bullying Support Team,
Directorate of Children and Families, Nottingham City Council
Glenbrook Management Centre, Wigman Road, Bilborough,
Nottingham, NG8 4PD

Tel: 0115 91 58902

Fax: 0115 91 58920

Email: liz.cottell@nottinghamcity.gov.uk