

# Information for Children and Young People

## HOW TO TACKLE BULLYING



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## 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.



Bullying is not two people having a disagreement or falling out over something. It is not a one-off incident - it has to happen several times.

## FORMS OF BULLYING:

Physical

- @ Hitting
- @ Kicking
- @ Spitting
- @ Throwing stones
- @ Pushing

- @ Getting another person to hit or hurt someone

Verbal

- @ Insults
- @ Name calling
- @ Racist or sexist remarks
- @ 'Gay' or 'Lesbian' used as an insult

- @ Persuading another person to insult someone or spreading malicious rumours about someone

Indirect

- @ Making threats
- @ Intimidation

- @ Removing and hiding other people's belongings
- @ Deliberately excluding someone from a group activity
- @ Constant ignoring of someone



## HOW TO CHALLENGE BULLYING BEHAVIOUR:

You can help to stop bullying

- @ Check your own behaviour
- @ Refuse to be involved in any bullying situation.
- @ Do not let someone to 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 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 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 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



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](http://www.childline.org.uk)

### [Kidscape](#)

[www.kidscape.org.uk](http://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](http://www.bullying.co.uk)

### **Anti-Bullying Alliance**

[www.anti-bullyingalliance.org.uk/](http://www.anti-bullyingalliance.org.uk/)

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