

A Kidscape

# Guide to bullying

Top tips for dealing with bullying  
both online and face to face



## You are not alone.

Being bullied can feel really horrible. It can make you feel scared, alone, angry, sad and much, much more.

Kidscape is here to help. Just like in games, when you make choices that impact what happens, you also deserve to feel in control in the real world. It doesn't mean that you can control everything (otherwise we'd make it rain pizza, which would be awesome), but it does mean that you get to decide things like who you want to be friends with and what to do if you're being bullied.

In other words, you get to choose your own path, your own adventure, just like you would in games. This guide is about helping you to do just that.



## Am I being bullied?

Sometimes it can be hard to know if you're being bullied or if it's 'banter' or a friendship fall-out. With banter, everyone is having fun, and no one gets hurt. We may have disagreements with other people, but that doesn't mean they can hurt us. Bullying is behaviour that is:

- intended to hurt
- repeated
- and where it's hard for the target to defend themselves (in other words, the person doing the bullying has the power).

Children are most often bullied by other children, but can also be bullied by adults.



## What to do if you're being bullied

1.

### Remember it's not your fault

You might feel scared, sad and embarrassed but it's the person or people doing the bullying that need to change, not you.

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2.

### Get help. Don't suffer in silence.

Think of someone who could help. Tell them you think you are being bullied and you need their help to stop it. If they don't give you the advice you need, go to the next person until you find someone that can help you stop it. No one has the right to hurt you. It is a strong person that asks for help.

3.

### Keep a record

Try and keep a diary of events. This should include what happened, when and with who. Your trusted helper might be able to help you do this.

3.

4.

## Know your friends

Make sure you only hang around with people who make you feel good about yourself. If someone makes you feel sad, scared or makes you do things you don't want to do they are not your friend.

5.

## Practice standing up for yourself (or being assertive)

It can help to practice standing or sitting up tall in the mirror, making eye contact and saying a clear, firm 'No'. Don't let the person bullying you get a reaction from you.



**6.**

## Seek a place of safety

If you are at risk of harm there is no shame in taking yourself away from a situation. Do whatever it takes not to get hurt. If that means finding a safe place at break or lunch time like a classroom or the library then do it. Just make sure you seek help as soon as you can.





## **Remember no one has the right to hurt you.**

If someone has hurt you in any way, has touched you in a way that made you uncomfortable or is trying to get you to do something dangerous or risky then seek help. If the person you talk to doesn't listen or take you seriously, don't blame yourself, find someone who will help.

7.

8.

## Love yourself

When you are bullied it can make you feel sad and lonely and like you are rubbish. You are not rubbish. You are amazing and wonderful and life will get better. Do things that make you feel good about yourself. That might be playing with a pet, going for walks, doing sports, singing, watching funny videos, gaming, writing down your feelings as poems or songs. We want you to know you are not alone. Thousands of children go through bullying every day. Together we will stop it and you will be okay.

9.

## Stand up for others

We all have a part to play in stopping bullying. If you see children who are scared or lonely stand or sit with them. Don't join in bullying behaviour by laughing or sharing cruel messages. Make it clear to those doing the bullying that you don't find it funny or like it. Stand up for others who are different. Show them you think they are great just as they are.

## Protecting yourself online

Most people play games and use social media to stay connected with friends and have fun. However, there are people who don't play by the same rules, and use it as a platform to offend people or cause them harm. Don't let these users ruin your experience, but make sure that you do what you can to stay safe.

- Think carefully about what you post online and who you want to see it. Consider setting your profiles to friends/followers only.
- Remember anything you post can be shared. Always think before you post.
- Recognise the fakes. Not everyone on social media will be who they say they are. There can be young people and adults who pretend to be someone else and could cause you harm. It's important that you never meet up with someone you don't know, and that you always let an adult know where you are going and who you are meeting. There have been occasions where children are tricked into meeting people who then cause them harm.

- Clean up your contacts. Once you make a friend online, it doesn't have to be permanent. Regularly review and clean up your contacts - particularly anyone who spreads negative content or doesn't make you feel good about yourself.
- Block anyone who makes you feel bad. All social media sites allow you to block people who you don't want accessing your account. It is not permanent and they won't be notified. You may also have the option of muting someone so they don't know you can no longer see their posts.





- Avoid the big risks. One of the hardest things you can go through is having a private image or video shared with others. Think very hard before sharing anything private or personal as there are no guarantees that this won't get into the wrong hands. If someone really cares about you they will respect your choice not to share personal information, photos or videos.
- Protect your identity. Your phone number, address, bank details and any information that may hint to your personal passwords should be kept private.

## Other ways to get help

Kidscape is a charity that helps children, young people and their families get help if they're experiencing bullying.

### Go to an anti-bullying workshop

We offer free workshops for 9-16 year olds and their parents and carers to help with bullying. They're online and in the community - just [head to our website](#) and look for ZAP workshops.



### Ask your parent or carer to call our Parent Advice Line

We offer friendly information, advice and support to parents, carers, family members on our Parent Advice Line. If we are not available at the time you call, please leave a message with your name and best contact number, or send us an email, and we will soon be in touch. Call: 07496 682785



Help With Bullying

