

# BULLYING



## WHAT IS BULLYING?



While there is no legal definition for bullying, the UK Government define bullying as behaviour that is 'repeated and intended to hurt someone either physically or emotionally.' Bullying is often aimed at certain people because they may appear different. This can include someone's race, religion, gender, sexual orientation, appearance, or disability. Bullying can happen in many different ways and can affect anyone and anywhere, including school, work, at home or in the community.

## TYPES OF BULLYING

Bullying can happen in many ways. Some include:

- Name Calling
- Physical Assault
- Social Bullying
- Threatening Behaviour
- Cyberbullying
- Sexualised Bullying
- Teasing



## WHAT IS CYBERBULLYING?

Cyberbullying is where bullying takes place online. This can be on:

- Social networking sites e.g., Instagram or Facebook
- Gaming platforms and sites
- Chat rooms



This can be horrible for many Children and Young People, and it can be extremely hard to stop.



## HOW CAN BULLYING AFFECT SOMEONE

Bullying can have an extreme effect on a person's Mental Health. These effects can impact a person now and in the future. It can lead to:

- Low Mood
- Depression
- Anxiety
- Lack of Confidence
- Lack of Motivation



## PHYSICAL SIGNS OF BULLYING



Unexplained Injuries



Disturbed Sleep



Lost or Damaged Belongings



Weight Changes

# WHAT CAN I DO IF I AM BEING BULLIED?

1. **ASK FOR HELP** early as possible before it gets any worse. Think of things you could do every day or most days e.g., a morning routine to reduce your levels of anxiety.
2. **TAKE A TIME OUT** by not over working yourself. Remember to take time for yourself by relaxing through practicing relaxation techniques, mindfulness, meditation, breathing exercises, listening to music, or drawing etc.
3. **REPORT IT** you trust about how you are feeling.



## SELF-CARE

Self-care is extremely important. It is all about taking time out to look after yourself.

Taking care of yourself mentally and physically can identify some distractions to minimise the effects of Bullying.

Some examples could be:

- Doing Exercise e.g., walking or playing football etc.
- Listening to a Podcast or Music
- Getting Outside
- Cooking or Baking
- Sketching or Painting
- Relaxation/Mindfulness
- Writing or Reading a Book



CAN YOU THINK OF ANYMORE?

The Miracle Foundation SCIO are a bereavement and trauma organisation for Children and Young People between the age of 4 and 18 years old.

We have a great team of counsellors and art therapists that can help you deal with the thoughts and feelings you are experiencing. We will help you develop healthy techniques to deal with your emotions, build on your emotional strength and provide you with a hope for the future. We are here to support and help you when you are struggling during difficult times.

IF YOU NEED HELP/SUPPORT STRAIGHT AWAY, YOU CAN CALL 999 OR GO STRAIGHT TO MY NEAREST ACCIDENT AND EMERGENCY DEPT IF YOU CAN GET THERE SAFELY.

## REACHING OUT FOR HELP!

It is important to remember you are not alone. There is no shame with reaching out to a trusted friend, family member or adult.

There are also trained specialists and professionals who are here to support you and anyone else who are experiencing Bullying.

The Miracle Foundation have a great team of counsellors and art therapists that can help you. We are here to support and help you when you are struggling through difficult times.

### USEFUL CONTACTS

If someone is at risk of coming to harm, the services would need to get in touch with emergency services or appropriate authorities.

### CHILDLINE

A confidential service, operating times can be found on the website.

TEL: 08001111

ONLINE COUNSELLING: 1-2-1 chat

### SHOUT

A free confidential and anonymous service available 24/7.

TEXT: 85258

### SAMARITANS

Whatever you are going through, Samaritans can be called any time, from any phone for free.

TEL: 116 123

If you are over 16

### BREATHING SPACE

A free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression, or anxiety.

TEL: 0800838587



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