

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:

- Physical Assault
- Bullying related race, faith/religion, sexual or gender identity, disability
- Social Bullying
- Threatening Behaviour
- Cyberbullying
- Sexualised Bullying
- Name Calling/Teasing
- Peer Pressure



WHAT IS CYBERBULLYING?

Cyberbullying is where bullying takes place online via Social Media e.g., Facebook, Snapchat, Tik Tok, Gaming sites through Xbox or PlayStation and Chat rooms. Cyberbullying includes:



- Sending, posting, or sharing negative, harmful, false, or mean content about someone else.
- It can also include sharing personal information causing embarrassment or humiliation.

WHAT CAN BULLYING LEAD TO IN YOUNG PEOPLE?

Young people who are bullied can experience negative, physical, emotional, social, academic, and mental health issues. These effects can impact a person now and in the future. It can lead to:

- Low Mood
- Depression and /or Anxiety
- Lack of Confidence
- Low self esteem
- Lack of Motivation
- Loss of interest in activities they used to enjoy
- Isolating self more than usual
- Decreased academic achievement, they're most likely to miss, skip, or drop out of school.
- Self- harming
- Suicide

PHYSICAL SIGNS OF BULLYING



Unexplained Injuries



Disturbed Sleep



Lost or Damaged Belongings



Weight Changes



WHAT CAN I DO TO HELP A YOUNG PERSON WHO IS BEING BULLIED?

The following tips and guidance are just some of the ways you can support your Child or Young Person.

Becoming
withdrawn

Mood changes

1. FIRST TAKE A MOMENT

Understandably your emotions may be high when you find out that your child/young person is being bullied which is normal but remember your child/young person may also be upset & scared. Children/Young People worry about how this affects their parents/carers. They will notice your reactions when they talk about what is or has happened. They want to protect you and do not want to disappoint you. Do your best to speak and act calmly while empathising and validating their feelings.



2. PATIENCE & SUPPORT

It may be extremely hard for a Child or Young Person to disclose they are being bullied, this could be because they have been told not to tell anyone, shame, embarrassment, trying to keep others safe, therefore, it is important to allow the child or young person to talk about this at their own pace. Don't force them or this may cause them to shut down and not wish to talk about it.

Bullying can have a detrimental affect on Children & Young People therefore it is important that the child feels safe and that they can trust you and that by them speaking to a trusted adult has not made the situation worse.



3. REASSURANCE

Children & Young People can sometimes look inwards – blame; it's their fault they are being bullied. Reassure them this is not their fault; the bullying may be occurring because the bully is going through a difficult period in their life and are struggling & taking it out on others which in no way excuses the act but a way of reassuring your child or young person, it's not about them.

All individuals are different in some way and that's what makes us amazing; but there is no getting away from the fact that bullying makes people feel rubbish and it's important that children/young people know it's okay to be upset about it. Allow them to express their emotions.



4. CYBERBULLYING

If your child/young person is being cyberbullied, block the person by updating privacy settings and blocking phone numbers/usernames. In certain instances, bully's may create a fake profile to allow them to continue, in this case you should look at changing your child's phone number, username or email address. Avoid confrontation or talking to others about the bullying on social media platforms as you would not want to unknowingly make the situation worse.

5. KEEP A RECORD & REPORT IT

Keep a record of what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, emails, or posts.

Some children & young people might be tempted to retaliate – for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back. Discuss with them why this is not a good idea– they might end up being seen as the troublemaker or get themselves even more hurt. Instead Report it especially if bullying involves hate crimes, cyber, assault, theft, harassment, or violence contact the school if this is taking place within school or contact the police.



6. HEALTHY RELATIONSHIPS

Chat with them about friendships/relationships and how a positive relationship looks; Only hang out with people or chat with people who make them feel good about themselves. If someone constantly puts them down, they are not a real friend and not worth their time.

7. CONTACT HELPLINES

Below there are helplines you can contact to help and support you with what you are experiencing.

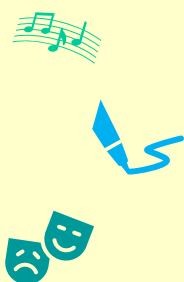


SELF-CARE

Self-care is extremely important. It is all about taking time out to look after ourselves, have a chat with the child/ young person about ways that they can help support themselves even more so during this difficult time.

Being kind to themselves; Get them to come up with ideas that make them feel good, helps them to relax and possibly make new friends. It might be;

- Playing an instrument
- Writing a story
- Drawing
- Listening to music
- Acting
- joining a sports club



Help them to come up with ideas around their interests.

Positive ways they can treat themselves;

- Not comparing themselves to others
- Processing their fears and emotions
- Trusting themselves to make good decisions for themselves
- Accepting when they make a mistake – they are only human, nobody is perfect
- Allowing themselves to walk away from people who are causing them harm mentally or physically

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 reassure your child or young person that they are not alone. There are many people around them who are there to support them from families, friends, teachers & trusted members of the community.

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

The Miracle Foundation have a great team of counsellors and art therapists who can help them. We are here to support and help children and young people who are struggling through difficult times. They are never alone!

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

EACH

Has a freephone helpline for Children & Young People experiencing homophobic, biphobic, or transphobic bullying or harassment. Open Monday to Friday, 10am to 5pm.

TEL: 0800 1000 143

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 the young person is 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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