



What Can You Do?

Bullying can have a serious effect on a person's mental health, but it isn't only the victim who suffers. If one of your friends is being bullied, you might be worried for them. This can make you upset and worried as well. It is important that anybody who recognises bullying behaviour does something about it, even if it isn't happening to you.

Try not to retaliate

Sometimes it is very hard not to lash out if somebody is bullying you. Instead, try to get away from the situation as quickly as possible and tell a trusted adult. If you know that one of your friends is being bullied, you mustn't get involved with the bully. This can make the situation much worse. Many people bully to get a reaction, so try not to give them one. Instead, find a trusted adult and tell them exactly what has happened.

Walking away from cyberbullying can be much harder because your device follows you home. It is important to try to be strong and put your device away so that you can get a break from any hurtful messages. Remember to keep the messages to show to your trusted adult.

Keep the evidence

Not all bullying leaves evidence. It is very hard to prove that somebody said something horrible if there weren't any witnesses. Cyberbullying is one type of bullying that does leave evidence. If somebody is bullying you online, keep all of the messages and pass them on to a trusted adult. It is important that you show them all of the information, even if that includes messages that you have sent back that might be mean as well.

Take support

Telling a parent or teacher that somebody is bullying you can be very scary. Even though your parents and teachers are probably lovely people, many bullies make their victims believe that telling an adult will make it worse. If you are worried about telling an adult, ask a friend to go with you for support. If you have a friend who has seen what is happening, then this is even better as they can help to give information that you might have forgotten.



Don't spread rumours

If you believe that your friend is being bullied, then it is important to let trusted adults deal with the situation. If you tell everyone else that “so-and-so is bullying my friend”, then you will make the situation much worse, and you might end up in trouble yourself.

Keep people informed

Once you have told an adult what is happening, it is important to keep them informed if anything else happens. They might have punished the person involved and think that it has stopped - if the bullying behaviour continues, then it is important that you go back to the same adult and let them know.

SUMMARY FOCUS

1. How might bullying affect other people?
2. Why is it harder to walk away from cyberbullies?
3. Why mustn't you tell everyone that somebody is a bully?
4. Why might it be hard to provide evidence of verbal bullying?
5. How can you help somebody who is worried about telling a teacher about a bully?

VIPERS QUESTIONS

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| R | True or false: once you have reported bullying behaviour, you don't have to think about it again. |
| V | What does the phrase “lash out” mean? |
| R | Why should you try to walk away from a bullying situation? |
| I | Why do you think it is important to pass any mean messages to an adult? |
| I | Why do you think it is important to also include messages that you have sent? |