What is Bullying?

hurtful upsetting on purpose frightening deliberate repeated verbal cyber physical indirect

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S - Several  
T - Times  
O - On  
P - Purpose

S - Start  
T - Telling  
O - Other  
P - People

Verbal - Any unkind spoken words
Cyber - Any electronic message or image that causes offence
Physical - Any unwanted physical contact
Indirect - Any unwanted attention that is difficult for others to see

Why do people bully?

People bully for all sorts of reasons. Maybe they're jealous, looking for a reaction or need some support themselves.

We are all different and this should be celebrated.

Useful Contacts

ABC (Anti-Bullying in Cornwall)  
01209 202696  
www.antibullyingincornwall.org.uk

Young People Cornwall  
01872 222447  
www.youngpeoplecornwall.org.uk

Victim Support  
0845 456 6099  
www.victimsupport.org.uk

Childline  
0800 1111 (24 hour helpline)  
www.childline.org.uk

Kidscape  
08451 205 204 (parents helpline)  
www.kidscape.org.uk

Click CEOP (to report Cyber Bullying)  
ceop.police.uk/Ceop-Report

No one deserves to be bullied

www.antibullyingincornwall.org.uk
What can I do if I am being bullied?

- Remember it is not your fault
- Keep a diary - you might need it later.
- Tell an adult! - Keep telling!
- If it's online or on your phone don't delete it - you may need it later.
- Stand tall / Stand proud
- Be yourself
- Try not to react
- Think of your safe space

Best avoided!

- Don't keep it bottled up
- Don't blame yourself
- Don't give as good as you get

How to cope in the moment...

- Take three deep breaths
- Find an excuse to get away from the situation
- Find an adult
- Ask your friends to stay with you

What does ABC offer?

- One to one support
- Confidence boost
- Give you a second voice to speak your mind
- A friendly ear
- Raising awareness in schools around Cornwall
- Letting you know about other people that can help you

How can I help someone who is being bullied?

- Support the person to tell an adult what is happening
- Ask them if you can tell an adult what you have seen and ask for help
- Encourage other people to walk away - this takes the audience away from the person who is using bullying behaviour
- Don't ignore it - you can help

Find us on Facebook!

www.facebook.com/AntiBullyingInCornwall