You can beat bullying

A GUIDE FOR YOUNG PEOPLE

kidscape
INTRODUCTION

All of us are bullied at some time. If you are being bullied, you may feel scared and vulnerable and quite alone, but you owe it to yourself to try to sort out the situation so that the bullying stops. Remember, no one deserves to be a victim of bullying.

It is surprising that all sorts of people who are now very successful adults were bullied. It is encouraging to know that it is possible to succeed in spite of being tormented at school. All of these well-known people were bullied when they were young:

- Phil Collins (singer)
- Harrison Ford (actor)
- Mel Gibson (actor)
- Rihanna (singer)
- Tom Cruise (actor)
- Sir Ranulph Fiennes (Polar explorer)
- Charlotte Church (singer)
- Justin Timberlake (singer)
- Michael Phelps (Olympic swimmer)

For some, the bullying went on for years. It wasn't their fault, but the fault of bullies who target victims. We tend to use the term 'target' instead of victim because we want to make it clear that the bully is responsible.

If you ever bully people, then think seriously about trying to change your behaviour. Nobody really likes bullies. They may be able to frighten people into being nice to them but usually they are unpopular and quite lonely. If you break the bullying habit, you will find it much easier to find good friends.
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WHAT CAN I DO IF I AM BEING BULLIED?

If your school ignores bullying, don't become resigned to being a target. You can use strategies to try to stop the bullying.

- Tell a friend what is happening. Ask him/her to help you. It will be harder for the bully to pick on you if you have a friend with you for support.

- Try to ignore the bullying or say 'No' really firmly, then turn and walk off. Don't worry if people think you're running away. Remember, it is very hard for the bully to go on bullying someone who won't stand still to listen.

- Try not to show that you are upset or angry. Bullies love to get a reaction - it's 'fun'. If you can keep calm and hide your emotions, they might get bored and leave you alone. As one teenager said, "They can't bully you if you don't care".

- Don't fight back if you can help it. Most bullies are stronger or bigger than their targets. If you fight back, you could make the situation worse, get hurt or be blamed by the school for starting the trouble.

- It's not worth getting hurt to keep possessions or money. If you feel threatened, give the bullies what they want. Property can be replaced - you can't.

- Think up funny or clever replies in advance. Make a joke of it. Replies don't have to be wonderfully brilliant or clever but it helps to have an answer ready. Practise saying them in the mirror at home. Test your ideas with someone else - you don't want to make a situation worse by using challenging words or sarcastic tones.

Using prepared replies works best if the bully is not too threatening and just needs to be put off. The bully might decide you are too clever to pick on.

Phil, 14, "I was always bullied about my glasses. By the time I was 13 I was desperate. Then Mum helped me think up some replies. It felt stupid saying them out loud at home and I didn't think it'd work. The first time I tried one of them out, Paul - the bully - was so surprised, he backed off. Everyone else laughed at him..."
• Try to avoid being alone in the places where you know the bully is likely to pick on you. You may change your route to school, or avoid parts of the playground, or only use the toilets when other people are there. It’s not fair that you have to do this but it might put the bully off. Most bullies are just looking for an easy target, with their followers as audience.

• Stick with a group, even if they aren’t your friends. Bullies tend to pick on people who are on their own.

• Sometimes asking bullies to repeat whatever they’ve said can take the wind out of their sails. Often bullies are not brave enough to repeat the remark exactly so they tone it down. If they repeat it, you will have made the bully do something they hadn’t planned on and this gives you some control of the situation.

• Practise ‘walking tall’ in a mirror. Bullies tend to pick on people they think are weak or timid and they often think shy, quiet people make easy targets. If you look positive and confident, the bully will find it harder to identify you as a target. Pretend - even if you only feel two inches high inside.

• Try some of the assertiveness techniques on page 17.

• Keep a diary about what is happening. Write down details of the incidents. When you do decide to tell someone, a written record of the bullying makes it easier to prove what has been going on.

BULLYING BY GROUPS

Bullies depend on bystanders, either their associates, or simply those who like to watch an attack - or are afraid not to. Often members of a bully group may join in to keep on the gang leader’s good side. They wouldn’t go along with the bullying if they had a choice. Sometimes talking to one of the group alone might persuade him or her to stop, or you might be able to get help together.

Leila, 14, “I was really scared before I rang the girl I know in the gang. We talked a bit and then we met some of the others. I thought they all hated me but they said they felt bad about all the things they’d done. Things got better after that.”

Bullies are often brave in front of friends, but not on their own. If you think the bully might be more reasonable without those ‘friends’, try to get the bully alone. You may be able to stop the aggression by talking or even confronting, but only if you feel it is safe.
True story

Robert, 15, "I was bullied by a boy called Pete - he had a gang of about 4 or 5 and they used to corner me in the loos or changing rooms. I was scared for months. Then I met Pete on his own outside school. He made some sarcastic comment - I went berserk. I yelled at him. Seeing him on his own gave me the courage I needed to say all the things I'd wanted to say for ages. He tried to ambush me with his gang in school after that but I wasn't having it - I'd seen through him."

IT IS IMPORTANT TO TELL

Usually it's difficult to sort out the bullying on your own or even with the help of friends. Think seriously about telling an adult. It's the most direct way to get the bullying stopped. A parent or carer can work with the school to turn the situation around.

Don't be embarrassed about asking. Everyone needs help sometimes, and getting help to stop bullying doesn't mean that you are weak or a failure.

Telling about bullying isn't 'telling tales' or 'grassing.' You have the right to be safe from attacks and harassment. No one should be silent when being tormented and hurt.

Often people don't tell about bullying because they are frightened that the bully will find out and things will get worse. This is a natural fear, but schools can put a stop to bullying without the bully learning who told, especially if the bully has several targets.

Even if the bully does find out, it is better to have the situation out in the open. Bullies thrive on secrecy.

Nobody can do anything to help you unless the bullying is recognised.

Tracy, 13, "I told a girl in the sixth form that no one would talk to me. She said it had happened to her too. She and some other sixth formers talked to the bullies. I was scared of what the bullies would do but they'd obviously been told they were well out of order and the bullying died out."
SCHOOLS

Your school may already have a way of dealing with bullying.

For example, some schools:

- have anti-bullying guidelines and procedures for dealing with incidents
- encourage anyone who is being bullied or who witnesses bullying to tell about it
- have ways for students to describe what is happening anonymously
- have student meetings, circle time or student councils where problems like bullying are dealt with
- have specially trained peer supporters or teachers who help others with their problems

If your school has an anti-bullying system, use it to get help. If you’re not sure how it works, talk to your form tutor or Head of Year. If there is nothing - contact Kidscape for ideas, and start something!

Your school should have an anti-bullying policy which tells you how to report bullying. If you are not sure, ask your form teacher or Head of Year.

(KIDSCAPE has a model anti-bullying policy which you can download from www.kidscape.org.uk.)

Dan, 14 "We have assemblies about bullying every term and we do lots of stuff about it in class. Not much bullying goes on here now - everyone knows it's a waste of time."

- Remember, there are other people in the school who might be able to help: Head of PSHE, nurse, secretary, or any member of staff whom you like.
- Write a letter about what’s happened if you can’t face telling someone. Send or give the letter to someone you trust, along with your diary and keep a copy yourself. Your parent or carer could take it along if a meeting is called at school.
- Make an appointment with your Head of Year to discuss what is happening and who is involved. You might want to take a friend with you, especially if they have witnessed some of the bullying incidents. Use your diary as a reference. Take good notes of what the school is promising to do to help you.
• Make sure you explain how bad the bullying is making you feel. Sometimes people don't understand how hurtful name-calling and verbal abuse can be. Make it clear that you are extremely upset by it and want it to stop. If the bully makes threats or launches physical assaults, this is a matter for the police.

• Staff members have a duty to make sure that pupils are safe when they are in school. Find out how they are going to help. You could suggest that:
  - students have lessons about bullying
  - the school finds effective, safe methods for reporting incidents
  - the school trains peer supporters whom pupils can talk to.
You may have your own ideas.

WHAT IF THE TEACHER IS A BULLY?

Jenny, 14, "My Maths teacher always used to ask me questions when he knew I couldn't answer. He'd laugh when I didn't know and everyone else joined in - I cried after every lesson."

Teachers and members of staff are there to help you learn and to support you. If you are a constant nuisance, disruptive or inattentive, teachers will tell you to stop. This is part of their job.

However, if you are doing your best and a member of staff picks on you, humiliates you in front of others, or taunts you, then you are right to complain. Tell your parents or carers, another teacher, Head of Year, school nurse, or Headteacher what is going on. Don't cope on your own.

Keep a diary of occasions when the teacher bullies you and a list of witnesses. Write down what happens and how you feel. Tell your parents and ask them to talk to the Headteacher.

WHAT ABOUT CYBER BULLYING?

Bullies use the internet and mobile phones to bully people 24 hours a day, which makes those targeted feel even less safe. Try to:

• change your mobile number and email address - give it only to trusted friends
• contact service providers and ask for their help to stop it
• never reply to emails or texts, but keep copies of all incidents
• block messages from known bully addresses

PARENTS AND CARERS

Mark, now 17 "My life was literally hell for three years. I don't know why I waited so long before telling my Dad about the bullying. He really made the school sit up and take action."

• Talk to your parents or carers about the bullying. They may have sensed that something is wrong already, or they may have noticed that your possessions or money keep vanishing. There is a great deal they can do to support you.
• Parents can talk to the Head of Year or Headteacher. Most schools take what has happened very seriously - in fact, by law they are required to keep students safe.
• Bullying at school is not the victim's issue: it is a school discipline problem, and the school should be prepared to take positive action to stop it.
• The school is required to give you and your parents a detailed outline of its anti-bullying policy; they are required to have one.
• Insist on knowing what the school is going to do to protect you from the bully.
• If the bullying continues, your parents can make a formal complaint to the school Governors or to the local education authority.

Parents can download Preventing Bullying from the Kidscape website for more ideas.

CHANGE SCHOOLS

If the bullying is unbearable and the school can't or won't do anything about it, think about going to another school. Discuss this idea with your parents. Never feel that staying put is the only option.
HOME EDUCATION

The law says that you have to be educated, but this doesn't mean that you have to go to school. Some families opt for home education. This gives young people a break from the bullying and it also means that they can keep up with course work and studying.

An organisation called Education Otherwise gives advice, support and information about home education. See back page.

WHAT YOU CAN DO TO FEEL BETTER

- Make a list of all the good things you can think of about yourself. Don't say you haven't any! Everyone has talents so think about what you do best. The next time you feel down, think about the good things on your list. When people say nice things about you or praise you, write them down. You don't have to record only bad things in your diary.
- Learn to talk to yourself in a positive way: instead of saying "I am hopeless at Maths", say something like "Maths is awful, but at least I can work my calculator."
- If you have a particular interest, develop your skill: whatever it is, find out if there are local courses available or if there is a club or society you can join.
- Think about getting a part-time job: doing something different and earning your own money will make you feel better about yourself.
- Do some voluntary work. Charities need volunteers and helping other people is a good way to forget about your own problems. The library will have details of local groups. Think about doing a First Aid course with St John's Ambulance or the Red Cross.
- If you are interested in a particular cause, whether it's politics, the environment, or animal rights, find out about joining a group. They will welcome young supporters.
- Join a youth club, religious group or other organisation. If you have interests outside school and meet more people, you will realise how much you have to offer and how narrow minded and limited bullies are.
- Think about going to self-defence classes - not to kick bullies into submission, but to increase your self-confidence. Learning how to
defend yourself makes you feel less helpless - less like a victim. Your local leisure centre or youth club will have details.

- Practise assertiveness tips (page 17). They really can help you to feel more confident. See if there are any assertiveness training classes held locally. Also check our ZAP workshops on the Kidscape website.

- It takes time. Once the bullying stops, many victims say that they don't feel brilliant immediately. It takes time to get over bullying - you will feel better eventually. Some adults who were bullied as kids have told us that they think the bullying made them determined to succeed - to prove how wrong the bullies were.

Stephen, 22 "I was bullied the whole time I was at school. Sometimes I felt so bad, I wished I could die. I fought it by becoming determined to do well. I got a good education and I am now happy and in a great job. I know that two of the blokes who bullied me have already messed up their lives. That's not going to happen to me."