



There is no legal definition of bullying.

However, it's usually defined as behaviour that is:

- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, for example because of race, religion, gender or sexual orientation



It takes many forms and can include:

- physical assault
- teasing
- making threats
- name calling
- cyberbullying - bullying via mobile phone or online (for example email, social networks and instant messenger)

### Signs:

- Absenteeism
- Becoming withdrawn
- Tearfulness
- Distress
- Loss of appetite
- Avoiding people/situations
- Self-harm
- Thoughts of life not worth living

### What can I do to help myself?

- Tell someone you trust
- Keep a record of all incidents
- Stay away if you can or stay in a group
- Ask people you trust to help you
- Check your school/clubs/community groups anti-bullying policy and follow the steps



### What can I do to help someone?

- Listen to the person and be supportive
- Accompany the person if possible
- Find out how to get help – adults, local community leaders
- Educate yourself and provide information that helps
- Stand up to the bully (be aware of your own safety and don't use violence)



End Bullying Now!