

BULLYING

TELL SOMEONE: YOU'RE NOT THE ONLY ONE

WHAT IS BULLYING?

The Anti-bullying Alliance defines bullying as:

'The intentional hurting of one person by another'

Bullying can take lots of different forms and sometimes young people do not realise that what is happening to them is bullying:

- **PHYSICAL** - kicking, hitting, pushing, taking and damaging belongings
- **VERBAL** - name calling, taunting, mocking, making nasty comments, making threats
- **EMOTIONAL** - leaving people out/deliberately ignoring, gossiping, spreading rumours
- **CYBER-BULLYING** - bullying using text messages/phone calls, picture/video clips on phones, instant messenger, email, chatrooms, web sites/blogs

HELPLINES:

Childline 0800 11 11 (24 hour)

NSPCC 0808 800 5000

The What? Centre 01384 379992

Connexions 080 800 132 19 (8am - 2am)

In conjunction with Dudley youth service and the young people at Lower Gornal and Kingswinford youth centres and the Cyberbus.

safe & sound
Dudley's Community Safety Partnership

