

Getting help

Your school needs to know about bullying to be able to help.

School information

The **Community Safety Team** offers advice and guidance to anyone who has experienced bullying or hate incidents inside or outside school.

www.safeinthecity.info

01273 292735

communitysafety.casework@brighton-hove.gcsx.gov.uk

It's important the bullying stops as soon as possible. Here are some things that might make you feel better in the meantime.

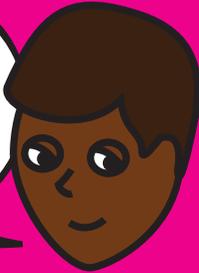
- Spend time with friends or family
- Write down or draw what's on your mind
- Listen to music, play games, read a book or watch funny clips online
- Visit your local youth club
- Enjoy your favourite foods
- Let all your feelings out (screaming or hitting a pillow can help)
- Exercise
- Be nice to others, give compliments

Childline is a free 24/7 helpline
0800 1111

Thinkuknow safety site has advice and tips for e-safety
www.thinkuknow.co.uk

Hate crime, anti-social behaviour and assault are crimes and can be reported to the police on **101** or **999** in an emergency.

My friends were with me and that made me feel better



Thanks to the young people from the Hangleton & Knoll Project, from Hove Park Lower School and Cardinal Newman Catholic School who put together this leaflet.



5986 Brighton & Hove City Council Communications Team

Say **NO!** to Bullying




**Brighton & Hove
City Council**

What is bullying?

Bullying is behaviour by a person or group, repeated over time, that intentionally hurts others physically or emotionally.

Bullying can be:

- Verbal (for example, name calling, 'jokes', putting people down)
- Physical (for example, kicking, pushing, 'happy-slapping', damage to property)
- Psychological (for example, being left out, gossiped about, dirty looks)
- Cyber (for example, online harassment)
- Sexual (for example, insults, gestures, unwanted touching)

People get bullied for no reason or because of real or perceived differences, including gender, ethnicity, sex, sexual orientation, disability, religion or beliefs or because of appearance.

Bullying or banter? You might not think that you're being bullied, but if it hurts physically or emotionally, and it's happening repeatedly, it is bullying and you need to talk to someone.

Don't be a bystander It's really horrible being bullied and can really affect someone's life. If you see someone being bullied you can help them. It might be easier for you to tell someone about it, than them.



Any type of bullying is unacceptable

Do...

- Tell someone you trust and help them to help you
- Stay in your group of friends (have someone with you)
- Ask a mate to look out for you
- Look after yourself
- Take screenshots of any bullying messages
- Block the person from your online account and hit the 'report it' button
- Stand up for others when it is safe to do so

Don't...

- Keep silent about it
- Think you're the problem
- Let it go on for ages (if you have done, it's never too late to speak up)
- Become a bully yourself



Where to get help

The most important thing is to tell someone if you or someone else is being bullied. You can talk to friends, school staff, parents, youth workers, religious leaders or anyone else you trust. If necessary keep on asking for help until it's sorted.