

DID YOU KNOW THAT 85% OF CHILDREN & YOUNG PEOPLE ON THE BROOMWOOD HAVE BEEN BULLIED!

Here is a quick guide for parents and children, which tells you how to deal with this issue. Why not read through it together and talk it about it.

Who gets Bullied?

Nearly everyone is bullied at some time in their lives: by brothers and sisters, by neighbours, by adults or by other children. If you are being bullied, you may feel scared, vulnerable and quite alone but you owe it to yourself to try and sort out the situation so that the bullying stops.

Remember, no-one deserves to be bullied.

It is surprising that all sorts of people who are now very successful adults were bullied when they were young. 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 in some way at school. Ms Dynamite, Tom Cruise, Gareth Gates, David Beckham, Sarah Cox and many others.



What can I do if I am being bullied?

Tell a friend what is happening.

Ask him or 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 away.

Don't worry if people think you are 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 to us, 'they can't bully you if you don't care'.

Don't fight back if you can help it.

Most bullies are bigger or stronger than you. If you fight back you could make the situation worse, get hurt or be blamed 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.

Try to 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. Practice saying them in the mirror at home. Using prepared replies works best if the bully is not too threatening and just needs to be put off. The bully might just decide that you are too clever to pick on.

Try to avoid being alone in the places where you know the bully is likely to pick on you.

This might mean changing your route to school, avoiding parts of playground, or only using common rooms or lavatories when other people are there. It's not fair that you have to do this, but it might put the bully off.

Sometimes asking the bully to repeat what they said can put them off.

Often bullies are not brave enough to repeat the remark exactly so they tone it down. If they repeat it, you will have made them do something they hadn't planned on and this gives you some control of the situation.

Keep a diary of what is happening.

Write down what details of the incidents and your feelings. When you do decide to tell someone, a written record of the bullying makes it easier to prove what has been going on.

. You can get more ideas and information about how to deal with bullying and bullies from the

[G-Force Youth Club](#) or from **www.kidscape.org.uk**