

Text, Email & Other Electronic Bullying

Mobile phones are great - you can stay in touch with your mates, chat to new friends, and have fun with cool ringtones, photos and video clips. But text bullies can use mobiles too!!

Text bullying is when someone abuses or threatens you by text, and it's just as bad as them doing it at school or in the street.

NCH has teamed up with Tesco Mobile to come up with tips to help stop text bullying:

- Always tell you parents or someone you trust what's happening and they will help.
- If you receive repeated nasty messages, keep them.
- Never reply to the bully or send a nastier message back.
- Make sure only good friends and family are in your address book.
- Ask your mobile phone provider to help by changing your number.
- Be careful about who you give or lend your mobile to & who you give your number to.
- Keep telling yourself "This bullying is wrong, it is not my fault and I am not putting up with it!"
- If you really like using a chat room, you could sign up again with a different ID - use a nickname and don't give out any of your personal info.
- If you keep receiving nasty messages take a break from your phone for a few days.
- If there's a website, online voting site, weblog or message board that says bad things about you, save a copy or print it off.

Where Can I Go For Help?

ChildLine:

0800 1111
www.childline.org.uk

Kidscape

020 7730 3300
www.kidscape.org.uk

Charity dedicated to preventing bullying and child abuse.

The Anti Bullying Campaign

0207 3781446

Bullying Online

www.bullying.co.uk

Website for parents.

NCH's Stop Text Bullying Website

www.stoptextbully.com

Website with tips, help and support about text, email and other forms of electronic bullying.

Bully Free Zone

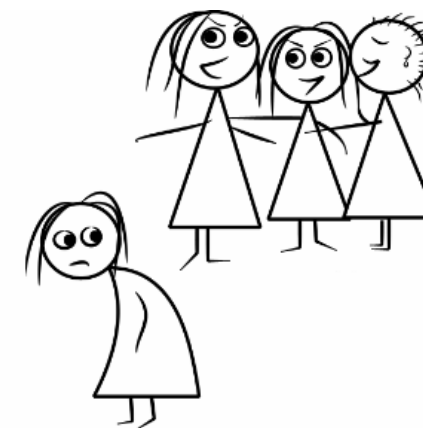
01204 454 958
www.bullyfreezone.co.uk



Produced by Gateshead Youth Council
12 Gladstone Terrace, Gateshead. NE8 4DY
0191 490 1900
www.gbyoc.org.uk info@gbyoc.org.uk
May 2006



Young People & Bullying



YOUTH INFORMATION SERVICE

www.gbyoc.org.uk
needanswers@gbyoc.org.uk
TXT: 07813684243
0191 490 1900

What Is Bullying?

Bullying is when one or more people deliberately hurt, intimidate or exclude another person or group of people.

It can be behaviour, such as a single shove or hurtful comment, or can be a long running series of deliberate actions.

Bullying hurts and can ruin people's lives, but it doesn't have to be that way.

What and Where?

This list includes most, but not all, forms of bullying that ChildLine consider the worst forms of bullying.

- Being called names
- Being teased
- Being pushed or pulled about
- Being hit or attacked
- Having your bag or other possessions taken and thrown around
- Having rumours spread about you
- Being ignored or left out
- Being forced to hand over money or possessions
- Being attacked because of your religion or colour

The list below is some of the places that bullying happens:

- At school - in the playground, in class or in the toilets
- On their way to and from school
- On the bus
- In the park

"Bullying is intentionally causing physical or mental damage to others, like attacking them for no reason".

Girl, Year 8

What Can I Do If I'm being Bullied?

Here are some ideas about how you can deal with bullying. Think about your situation, and what options might be best for you.

- **Tell someone you trust** - such as a teacher, parent or friend.
- **Remember** - it's not your fault. No one deserves to be bullied.
- **Keep a record** - and save any nasty texts or emails that you have been sent.
- **Try to stay away from the bullies** or stay with a group when you don't feel safe.
- **Ask your mates to look out for you.**
- **Try not to retaliate** - you could get into trouble or get hurt.
- **Check your school's anti-bullying policy.** This will tell you what your school should do about bullying.
- **Try to act more confident** - even if you don't feel it.

Don't keep things to yourself.

Even if it's hard to find someone you can talk to, don't give up. If you want to talk to someone in confidence you can call:

NSPCC Helpline on 0808 800 5000

or

ChildLine on 0800 1111

You are not alone!

Last year over 31,000 children and young people called ChildLine because of bullying!

What Can I Do If My Child Is Being Bullied?

There's no way to know for sure that a child is being bullied, but there are some signs to look out for; some signs to look for are:

- Your child coming home with damaged or missing clothes, without money they should have, or with scratches or bruises
- Your child having trouble with schoolwork for no particular reason
- Your child using a different route between home and school
- Your child feeling irritable, easily upset or emotional?

If you do feel that your child is being bullied you could feel several emotions, anger, frustration and sorrow, although the first thing you want to do is take immediate action, here are some important points to remember:

- If your child tells you they are being bullied, the first and most important step is to listen. Allow them to tell their story in their own words.
- If your child has plucked up the courage to tell a parent or teacher about bullying, it can be crushing to be told to 'sort it out for yourself' or 'don't be silly, they're only teasing'.
- Talk to your child about what **they** want to happen next.
- Make an appointment to speak to a teacher your child feels most comfortable with.

I know that if I tell my parents, they'll believe me. There would be no question. And if I wanted them to come to the school, they would.

Boy, Year 10