



What every child needs to know about bullying

Bullying is never okay. Here's how you can be a child against bullying!

Bullying can happen anywhere – on the playground, on the bus, in the hallways, even in the bathroom.

Bullying can be lots of things. It is hitting, pushing, name calling, threatening, teasing, sending mean emails, taking or ruining another person's things, leaving someone out – and lots of other nasty stuff that's done on purpose to hurt someone.

How can you tell if something is bullying? Just remember this:

It's bullying if...

Someone is hurting another child on purpose
and
the child who is doing it has more power.



What types of bullying are there?

Bullies hit, kick, push, call you names, threaten, tease or scare you. A bully may also say horrible things about you, or leave you out of the group. It even happens in cyberspace – on TikTok, Instagram and Snapchat.

Physical bullying

Sometimes bullies get physical – they hit and punch, trip children down stairs, harass other people (even teachers), or steal and break stuff. This is scary and hurts, it also often leaves marks and scars, and can be really dangerous.

Emotional bullying

This is when the bully says nasty things about you and to you, spreads untrue rumours about you, calls you names, and leaves you out of the group because 'you're not good enough'; when they threaten and humiliate you. This makes children very sad and they feel alone and isolated.

Cyberbullying

This is a type of bullying which allows the bully to hide and be anonymous – and use technology to be very cruel. Bullies send nasty pictures, messages, and start groups via TikTok, Instagram, Snapchat and email. This is frightening, and very serious.

Boys tend to use physical intimidation and threats, while girls often target other girls and are likely to use emotional bullying like spreading rumours and leaving them out of the group.

Bullying is not cool and it's not fair. No one deserves to be bullied.

What can you do if you are being bullied or see bullying happen?

A lot!



Speak Up!

- When someone is willing to say they think something is wrong, they can make a difference. If you tell other children that bullying is not cool, they will be more willing to speak up, too.
- If you see bullying, you can tell a grown-up. Telling is not tattling. It's okay to tell.

Reach Out!

- Tell the child who is being bullied that they don't deserve to be treated that way. No one does.
- Ask your friends to join you in being a child against bullying.

Be a Friend!

- Invite the child who is being bullied to play with you.
- Create a "bully-free zone" on the playground where everyone is welcome.