



**Don't face  
it alone**

**#SpeakOutAboutBullying**



**Experiencing bullying behaviour is an unpleasant part of too many children's lives, with around a quarter of pupils experiencing some bullying behaviour during their primary school years and one in six 10-15 years olds reporting having experienced it, according to a study by the Department for Education. Online bullying is a serious issue, with one out of five children aged 10-15 years in England and Wales experiencing at least one type of online bullying behaviour according to the Office for National Statistics**



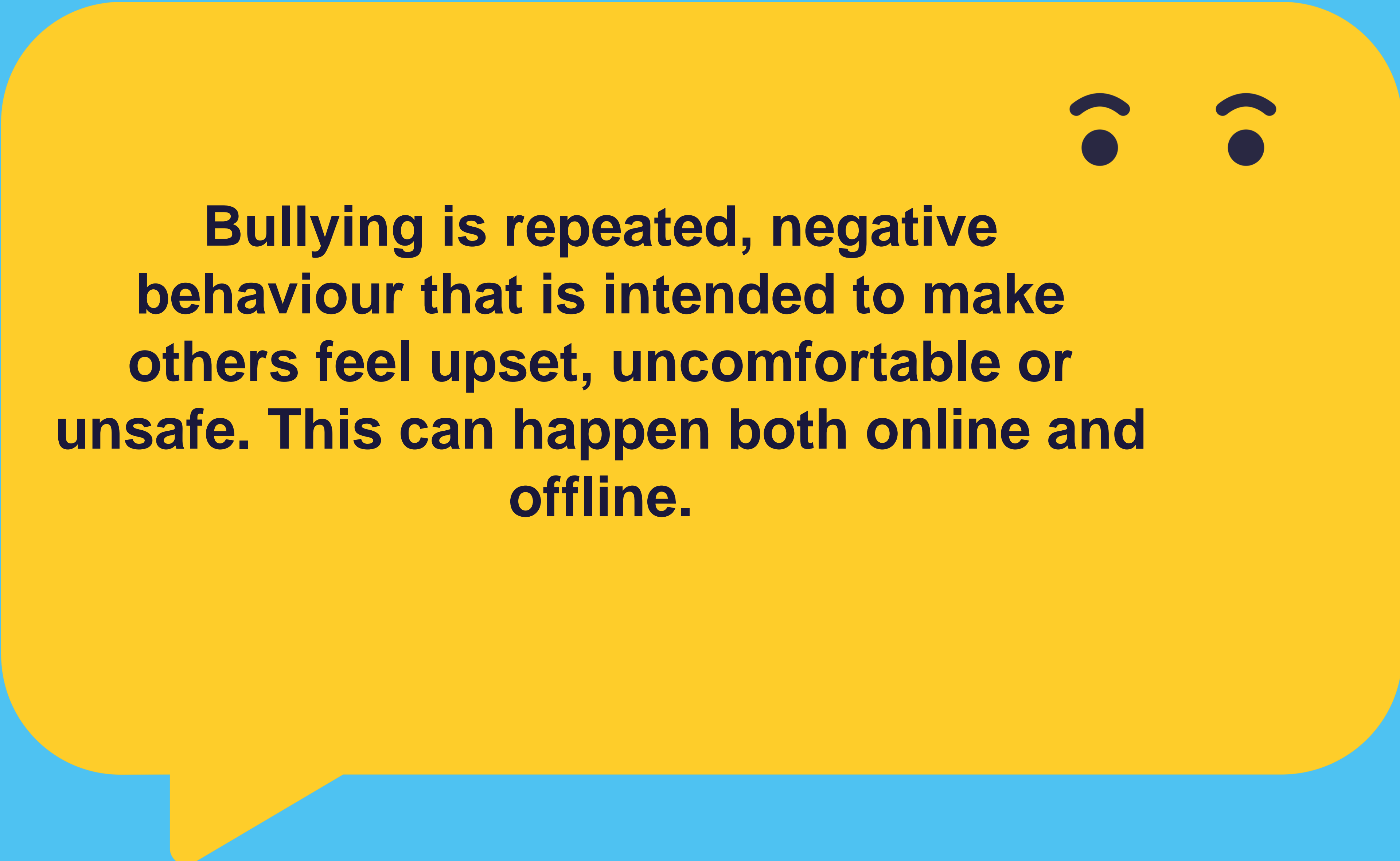
**Speak up,  
you deserve  
to be heard.**




**Experiencing bullying behaviour can make you feel sad, lonely and unhappy. It can affect your concentration and how well you do at school which is why it is important to do something about it.**




**Speak up,  
you deserve  
to be heard.**



**Bullying is repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe. This can happen both online and offline.**




**Speak up,  
you deserve  
to be heard.**



**It can be physical, verbal, emotional,  
psychological or cyber bullying or indirect  
bullying such as spreading rumours or  
isolating somebody**

**Think STOP**



**Speak up,  
you deserve  
to be heard.**

# Online bullying:

**Save the evidence**

**Report it to the platform**

**Take screenshots of online bullying  
behaviour**

**Block the user**





**If it's not online**

**Don't bottle it up**

**Talk to a trusted adult**

**Keep a record of what's going  
on (4W's)**

**Find a support network**

**Remain positive**



# How to support a friend

**Don't promise secrecy**

**Let them know you will listen**

**Encourage them to speak to an  
adult at home / school**

**Encourage them to  
screenshot/block/report**

**Encourage them to keep a diary**

**Tell them they are awesome!**





# How do we deal with bullying behaviour?

**We listen.**  
**We do not judge**  
**We ask you to write it down**  
**We take what you have to say seriously**  
**We record everything**  
**We use restorative justice**



**Other support:**

**[Antibullying@wbvs.co.uk](mailto:Antibullying@wbvs.co.uk)**

**Text SHOUT to 85258**

**Childline 0800111**

**Childline.org.uk**

**Anti Bullying ambassadors**



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Young people have the power to change the world



