



Bullying
Online

HELP US TO HELP BULLIED CHILDREN

Bullying Online helps thousands of pupils and their parents deal with school bullying every year

Bullying Online surveyed 8,574 children, parents, teachers and adults in the first six months of 2006 in the largest ever investigation into school bullying in the UK.

69% of pupils who took the survey said that they had been bullied in the last 12 months and 50% of those said they had been physically hurt by a bully. 87% of parents who took the survey said that their child had been bullied and 77% reported that their child was bullied more than five times.

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Bullying includes

- People calling you names
- Making things up to get you into trouble
- Hitting, pinching, biting, pushing and shoving
- Taking things away from you
- Damaging your belongings
- Stealing your money
- Taking your friends away from you
- Spreading rumours
- Threats and intimidation
- Making silent or abusive phone calls
- Sending you offensive phone texts
- Posting insulting messages on the internet or by IM
- Bullies can also frighten you so that you don't want to go to school, so that you pretend to be ill to avoid them.

Pupils

If you are being bullied, tell a friend, tell a teacher and tell your parents. It won't stop unless you do. It can be hard to do this so if you don't feel you can do it in person it might be easier to write a note to your parents explaining how you feel, or perhaps confide in someone outside the immediate family, like a grandparent, aunt, uncle or cousin and ask them to help you tell your parents what's going on.