



Bullying: The Facts

What is bullying?

Bullying is the act of intimidating someone or causing harm to another person on purpose. It can take many forms, from repeated verbal abuse through to a physical attack, and it is typically directed towards a less powerful person to cause harm, distress or fear.

Bullying includes name calling, mocking, ignoring somebody or leaving them out of a group, kicking, scratching, stealing or messing around with people's belongings, spreading rumours and threatening others.

Why are people bullied?

Bullying can happen for all sorts of reasons – and sometimes no reason at all. It could be because of your ethnicity, appearance, sexual orientation, religion, because you have a disability or speech impediment, because of your home circumstances or even your academic performance.

It doesn't matter whether you are tall or small, blonde or brunette, straight or gay, bullying can happen to absolutely anyone – but it's not okay!

The effects of bullying

The impact of bullying cannot be underestimated. It can often make the lives of its victims miserable, undermining their confidence and leaving them feeling worthless.

Children who are bullied are more likely to experience anxiety and depression, feelings of sadness and loneliness, and will often isolate themselves from the outside world.

Bullying can also affect a child's school work, with those who are bullied much more likely to miss, skip, or drop out of school.

The effects of bullying can last for a long time, even into adulthood. Studies have shown that a person who is bullied as a child is more likely to be less emotionally stable as an adult.

Dealing with bullying

Most bullies thrive on silence so it's important to speak up. If you or someone you know is being bullied make sure you tell someone – you can either talk to your parents, carers or teacher, or even ask a friend to do it for you. Alternatively, you could speak to a school counsellor, welfare officer or nurse.

If the bullying is happening outside school – again talk to your parents or carers, as well as other close family members. Youth workers and leaders may be able to help too.

Remember, make sure you keep reporting the bullying until it stops. We all have a responsibility to report bullying – whether we are being bullied ourselves or know somebody who is, it's time to speak up. Let's #GiveBullyingtheBoot!