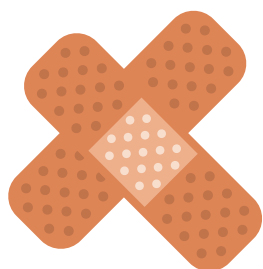


BULLYING

Bullying

Bullying is repeated behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere - at school, at home or online.



Physical bullying

Hitting, tripping, pushing and destroying someone's possessions are all forms of physical bullying.

Hello
my name is

STUPID

Verbal bullying

Name calling, threatening someone and gossiping are forms of verbal bullying.



Social bullying

intimidating, humiliating someone, ignoring or isolating someone are forms of social bullying.

Cyber bullying

What is cyber bullying?

Cyber bullying takes place online. Online bullying can follow a child wherever they go, via social networks, gaming and mobile phone.

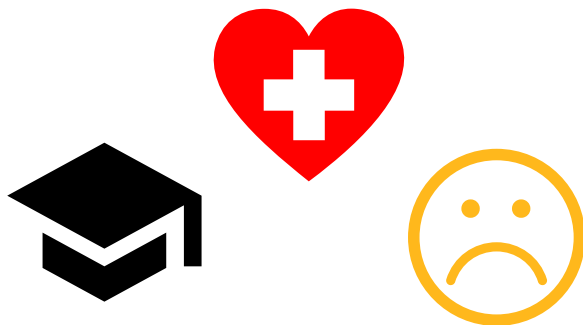
These are just some of the bullying examples used on social media:

- Spreading malicious and abusive rumours
- Harassing you repeatedly
- Intimidation and blackmail
- Stalking you on-line
- Posting embarrassing or humiliating images
- Posting your private details
- Grooming
- Setting up a false profile & Catfishing
- Trolling
- Fraping - Posting on your account



Effects of bullying

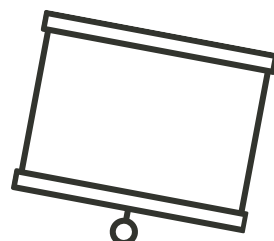
- Mental health problems like depression and anxiety
- Have fewer friendships
- Aren't accepted by their peers
- Are wary and suspicious of others
- Have problems adjusting to school, and don't do as well.



Signs of bullying

No single sign will indicate for certain that your child's being bullied, but possible signs could be:

- Belongings getting 'lost' or damaged
- Physical injuries, such as unexplained bruises
- Being afraid to go to school, being mysteriously 'ill' each morning, or skipping school
- Not doing as well at school
- Being nervous, losing confidence, or becoming distressed and withdrawn
- Problems with eating or sleeping



For more information contact: www.kids.org.uk/sendiaass

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Giving
disabled children
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