**Advice to pupils - What if i am being bullied?**

**Bullying behaviour could be;**

* name-calling /teasing either face to face or online
* being physically hit or threatened
* having your belongings damaged or taken from you
* being left out and isolated from your peer group
* having rumours spread about you
* receiving abusive messages on social media
* targeting someone for who you are or are perceived to be by others

**What should I do?**

**You need to talk to someone about your worries, talk to;**

* your parents/carers or any trusted family member
* friends
* any other pupil that you can trust
* your PTPS, House Head or any other teacher
* any staff member in the school, Teacher PSA, Youth Worker (CLD), Office Staff etc.

**Try to build back your confidence**

Bullying can make you feel vulnerable and destroy confidence. You can try to build back your own confidence by trying the following;

* Try something new for the first time e.g. a sport club run in school
* Try to do something nice for someone else
* Write down good things about yourself e.g. have a good taste in music, you are a good listener
* Attend events with other people to try to build friendships

If you are confident enough you could confront the bullying behaviour head on – this could be by using witty comebacks or simply making it clear that you feel bullied. Ask them to stop in a clear and assertive manner. Do not hit or make physical contact or threats as you may end up suffering serious sanctions as a result.

**“There is never one, single answer when it comes to bullying, it’s about talking through options and making choices”.**

Further Support can be found at the following sites;

<https://www.childline.org.uk/info-advice/>

<http://respectme.org.uk/bullying/what-is-bullying/>

<http://www.bullying.co.uk/>