

Technique 1 – Understand the meaning behind hurtful comments

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The bad things that get said about people are rarely true. When a bully insults something about their target, it's often because they're jealous of that thing or they feel insecure about that thing. So if a bully says 'Your Mum doesn't let you go out anywhere' they could mean 'I wish my Mum cared more about where I am' or if they say 'Your hair is dread' they either actually like it more than theirs or they are worried about theirs so they try to make out yours is worse. See if you can match up the hurtful comments below with the meanings behind them. They are jumbled up.

You're such a geek

**I wish I could do something
Right for once**

**You always suck up to
the teachers**

**Everyone likes them more
than me, must make them look dumb**

**You're such a goody
two shoes**

**I don't get where they're
coming from**

You're so gay

**I wish I was good
at something**

No-one likes you

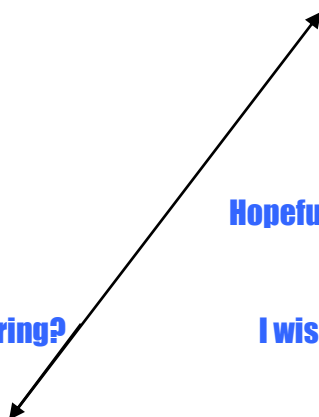
**Hopefully everyone will think
that's a bad thing**

What are you wearing?

**I wish the teachers treated
me like that**

**Are you a goth or
something?**

**I really like that top...
Quick! Diss it!**



Technique 2– Deflect verbal attacks

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Show them you're not bothered.

There are a number of tactics for deflecting verbal attacks. Bullies soon get bored if they can't see you getting upset or angry. You could try some of these:

Agree (in a 'so what' manner)

- 'Yes, I do like maths'
- 'Yeah, I smell'
- 'Yep, you're right, I am an idiot'

Disagree

- 'No, I'm not a grass'
- 'No, I didn't give you a dirty look'
- 'No, I won't give you my phone'

Compliment yourself with an opposite

- 'No, I'm not stupid, I'm actually pretty smart'
- 'No, I'm not a weirdo, I'm just too cool for you to understand'
- 'I'm not a freak, I'm unique'

Agree, but

- 'Yes, I know I'm not cool but I am happy the way I am'
- 'Yes, I know I've been upset lately, but I'm working on it'
- 'Yeah, my trainers are rubbish, but I can't afford anything else'

Broken record

- 'I'd like my bag back please... I'd like my bag back please'
- 'Can you leave me alone please... Can you leave me alone please'
- 'I am not listening to you... I am not listening to you'

Humour

- 'I'm not stylish enough to be gay'
- 'I'd love to be perfect like you but it's just not happening is it'
- 'I know I'm ugly, thank God for plastic surgery, right?'

Technique 3 – Be assertive

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Get what you want.

Without being aggressive or passive (rolling over and letting others get their own way). Being assertive is a way of talking to people where everyone gets what they need.

Passive:

You, us, we, one

Can you stop that please...

Need

I need my bag back...

Have to

I have to wear this...

Should

I should ask for help...

Can't

I can't go on like this...

Looking down, turning away, shifting feet, slumping, fidgeting hands, whining or hesitant tone.

Assertive:

I

I want you to stop that please...

Want

I want my bag back...

Choose to

I've chosen to wear this...

Could

I could ask ____ for help...

Won't

I won't go on like this...

Steady eye contact, facing the other person, hands by sides, standing straight on both feet.

Technique 4 – Look after yourself

- 😊 Smile at people (most smile back, some get frightened, but that's funny too!)
- 😊 Help someone (an elderly neighbour with their gardening, your mum with the shopping)
- 😊 Nurture something (take care of a pet or help with someone else's or grow a plant)
- 😊 Keep a diary of good stuff (when you get a good grade, someone you fancy notices you exist, when your mate says something nice about you)
- 😊 Exercise regularly (it really stops stress getting you down, walk, run or cycle somewhere, do some gardening)

You're not the only one.

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thought I was going to drown, then let me go as I was going limp. The PE teachers didn't seem to care... At break I'd sit in front of the security camera and pray they were watching.

Teachers asked me who did it... They didn't do anything because I couldn't identify them. In the end I moved schools.

At my new school they do a lot, the teachers sort it out instantly. When I first got there I was weak and feeble... now I'm a buddy and part of the strategy group... That is what gave me my confidence back... I wasn't scared anymore."

Leanne's story...

"My friend was bullied at school... She was scared if she told anyone it would get worse, and I think that's the case with most people that get bullied. It took her a while to tell me because at the time we were in different lessons. Then she didn't go to school. I didn't know what to say to her. I wanted her to know she wasn't on her own and that there were people there to help her.

I thought the best way to get to people and make them listen was to write a song.

I think part of the reason she was bullied was through jealousy, because she was a model. She started to think 'I shouldn't do the modeling'. She became a lot quieter and wouldn't go out of the house much because she was scared of them. Now she's a lot better and more confident in herself.

She said (the song) made her realise she could be strong in herself, that there were people there for her, that it wasn't her fault, and that it happens to other people.

You are not alone!

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- In Hertfordshire 30% of kids say they've been bullied in the last year.
- Around a quarter of kids feel afraid to go to school sometimes because of bullying.
- About a fifth of kids worry about bullying a lot.

Here are some experiences gathered by the Children's Commissioner:

Danny's Journey...

"The insults started after our identical bags got mixed up and my phone was taken. This boy started it. They were saying I shouldn't have gone to the teachers. The rumours were spread: 'You're gay'. It spread to about half the year group. There are 2-- - 300 kids in the year group. They called me 'poof' or 'bender' – it really upset me.

I told my Mum, who said get the teachers to do something. But I didn't. I ignored it at that stage.

Counselling could have helped me at that point. It was really hard for me to be called things, such as gay, knowing I wasn't. It made me angry and I felt people were spreading lies and others believed them. But I wasn't able to talk the problems through with anybody independent. The counsellor had left the school the year before.

At the parents' evening, mum spoke to my form tutor and asked about the bullying situation. He said 'What bullying situation?' She told him. They changed my form group, but I was the only one changing so everyone wanted to know why I had changed. It was better until PE. At the lesson, a couple of kids from the old form spoke to kids in my new form and told them. It all started again.

At swimming they'd hold me under the water until I

Technique 5 – Change your mindset

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- Don't try to please the bully.

You might think 'What have I done to deserve this?' The answer is probably nothing. The most attractive, clever person can become a target and not know why. The important thing is not to try to change yourself to make the bully stop. If they pick on your trainers and you get a new pair, they'll probably find something else to pick on.

- The popularity contest.

It's not all it's cracked up to be. Does anyone actually like the popular people or are they all frightened of them? They cling to each other for safety. If everyone that disliked them stopped pretending, they wouldn't be powerful or popular anymore. They aren't actually friends, they all fear each other and are suspicious of each other. Not that cool.

- Avoid peer pressure.

Don't compare yourself to others or try to fit in with other people, especially not the popular crowd. If you ever find yourself in a situation where you are being invited to do something you know is wrong, ask yourself why this person is so desperate for you to smoke, have sex, take drugs, break a window. It's not because they want you to be cool, it's so they can get you to try it before they do or to get you into trouble.

- Be comfortable being you.

Like yourself. There's nothing more powerful against bullies. Everyone has good qualities to offer that will be realised one day by someone. Believe in yourself, not it what the bullies say.

Who can help?

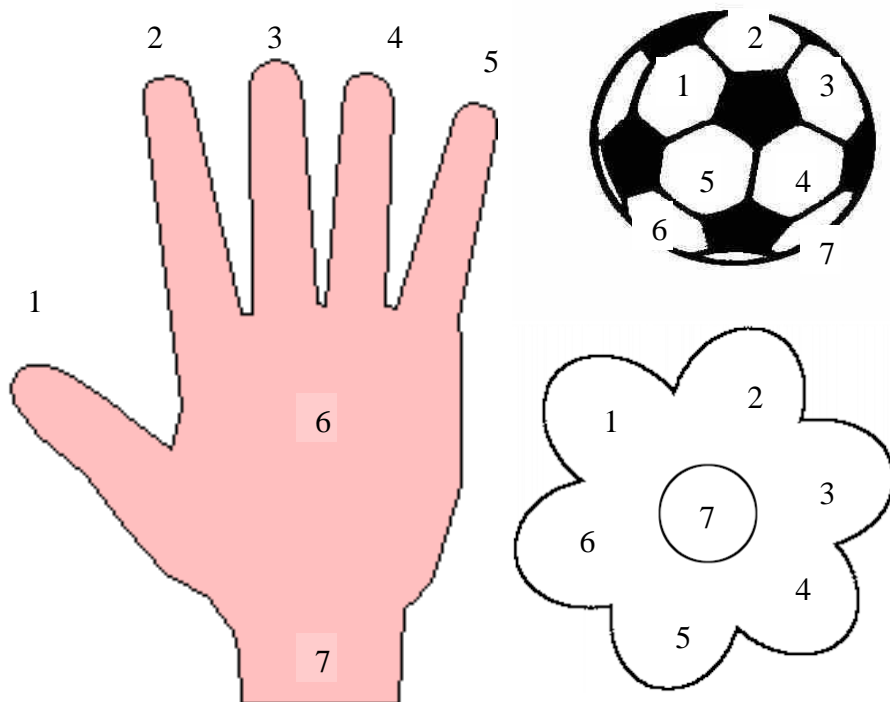
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Talk about it.

You should tell your parents, teachers and other adults that this is happening to you. Don't feel ashamed, it's not your fault. If you don't think you're being taken seriously, tell them how it makes you feel and ask them to help.

On a hand, flower or ball like below, complete your network. You can do a different one for friends.

1. People at home you can talk to
- 2-5. Adults in school you can talk to
6. People that can listen but not talk back (pets, diary, teddy, God, absent or deceased relatives or friends)
7. In an emergency (help lines or websites – next page)



What else?

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What are the different types of bullying?

(These are just a few...)

- Physical attacks • Ignoring • Isolating • Name calling
- Spreading lies • Using instant messenger or email
- Texting or using camera phones • Setting up websites
- Posting comments on websites

What do bullies pick on?

- Class • Wealth • Race • Religion • Skin colour • Size
- Weight • Ability • Disability • Status • Sexuality
- Appearance • Any other difference they perceive

Why do they do it?

- They are jealous • They feel that the only way to make themselves feel better is to dump on someone else
- They think they will be popular or stay popular (They have to keep everyone else below them so they can stay on top)
- They might be being bullied by someone else
- They might just be bored • They might see you as competition for someone they fancy so they try and make you look bad
- See it on TV • Don't want to share their friends • Power

Some things to bear in mind:

- Don't ever start to believe what bullies say, no matter how many times you hear it.
- Don't ever think it's your fault that you're being picked on.
- Don't ever think that what's happening to you isn't that important.
- Make sure you tell someone or ask for help. If they can't or won't, tell someone else. Keep telling until someone listens.

What do we know about bullying?

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We know that bullying happens a lot and that it can make people feel miserable. We know that around a third of kids in Hertfordshire reckon they've been bullied and most adults will tell you they got bullied when they were younger. Some adults still get bullied at work. We know that bullying is wrong and most people feel really angry that it still happens and want to help.

What is bullying?

Bullying has 3 parts to its definition:

1. Bullying is a behaviour that is meant to cause distress
2. Bullying is a behaviour done by someone who has more power than the person they are bullying and it's hard for that person to defend themselves
3. Bullying is a repeated behaviour

So if you got picked on once or someone upset you but probably didn't mean it, it probably wasn't bullying. But, just because you can't give something that happened to you the 'bullying' label, doesn't mean it isn't important. Any act of cruelty or behaviour that makes you upset is important. Your distress is just as important if you're being bullied, if you had a fight or an argument with your friends.

What are the effects of bullying?

Feeling...

- Sad • Angry • Lonely • Misunderstood • Confused
- Frightened • Insecure • Worthless • Isolated

And later...

- Difficulty trusting others • Quiet and shy • Lack of confidence • Pretentiousness • Hard making friends
- Shame / regret • Poor achievement • Low self esteem.

Who can help?

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Help Lines: If you just want to talk to someone...

- Childline: 0800 1111/ deaf text phone 0800 400 222
- NSPCC 0808 800 5000/ textphone 0800 560 566
- Samaritans: 0345 90 90 90

Websites:

- www.anti-bullyingalliance.org
- www.beatbullying.org
- www.bullying.co.uk/children
- www.bullying.org
- www.childline.org.uk

Other people:

- Connexions Pas
- Police Community Support Officers
- School Nurse
- Youth Worker
- Faith Leader
- Your mates
- Your family (yes, your family)
- Form Tutor
- Year Head or Head Teacher
- MSAs
- Peer Mentors / Mediators
- Counsellors

There are also loads of good books written by people about their experience of bullying. It helps you put your feelings into words and share a similar experience. A Librarian can help you find what you're looking for.

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Is for...
Brave
Bully
Believe
Be
Belong
Break



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