



How you can help

- Report it straight away
- Stand up for the person being bullied
- Be a friend
- Never join in
- Stop the rumours
- Don't be an internet troll
- Support and empower.

Where to go for help and advice:



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



**internet
matters.org**



Bullying

What is bullying?



The repetitive, intentional hurting of a person by another person or group.

It can be face to face or online.

It can be verbal, physical and/or psychological.

Different types of bullying

Bullying can come in many different forms:

- **Physical** - hitting, kicking, slapping
- **Verbal** - insults, name calling, threats
- **Indirect bullying** - spreading rumours, deliberately leaving people out
- **Mental bullying** - humiliating, ruining friendships, spoiling school work, hiding belongings
- **Cyber bullying** - trolling, posting mean photos, spreading rumours, bullying group chats, fake accounts

Can the Police deal with bullying?

Bullying in itself is not a crime but it can lead to criminal offences:

- **Assaults** - causing physical harm
- **Public Order** - Causing someone fear, distress or making them fear violence will be used against them
- **Malicious Communications** - using a communications network (phone/internet) to send grossly offensive, indecent, obscene or menacing images or messages
- **Harassment** - continued attention that is unwanted
- **Criminal Damage** - damage to someone's property
- **Theft** - taking someone's property without permission.