

no more ~~bullying~~ing

With many thanks to the NSPCC, BeatBullying
and Crimestoppers for the kind use of their content.

This document was created by the Safer North Hampshire team
in support of the 'Nomorebullying' campaign.



The world is a dangerous
place, not because of those
who do evil, but because
of those who look on and
do nothing.

Albert Einstein

“ I set up **Nomorebullying** in February this year inspired by my girlfriend, who was being bullied at school and online. I decided to do something about it, so I looked online at the Childline website and eventually had the idea of creating my own group. I created a Facebook page and went from there to planning events and assemblies in school to raise awareness of this subject.

“ Some of my friends have helped me and been by my side for the whole journey, which means so much to me. People should not have to go through such a traumatic time in their life. I do not want money for the group or anything like that - I just simply want people to be happy. I want to achieve that- I started this campaign and I’m going to see it work.

“ If you are currently in a north Hampshire secondary school please spend a few minutes to fill out my bullying survey at **www.hart.gov.uk/bullying-survey**”



Brandon Henry
Founder of ‘Nomorebullying’

“ We at the Safer North Hampshire Team were delighted when Brandon approached us to ask for our support with his ‘Nomorebullying’ campaign. We are always looking for new and innovative ways to tackle the issues that most affect our communities and bullying within our school communities is definitely something we would like to help end. We have worked with ‘Nomorebullying’ to produce a leaflet that provides victims, bullies, teachers and parents with useful information about how best to deal with issues surrounding bullying. We know that young people can easily stray into antisocial behaviour and crime and that early intervention is the best way to ensure positive outcomes. So helping bullies to understand the impact that they have on others is a great way to prevent their behaviour from escalating. Early intervention for victims also ensures that they do not experience the long term effects that bullying can have on their self-esteem and confidence. It’s a win win!”



Carline Ryan
Community Safety Manager,
Safer North Hampshire

What is bullying?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both people who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

- An imbalance of power: People who bully use their power, such as physical strength, access to embarrassing information, or popularity, to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.
- Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



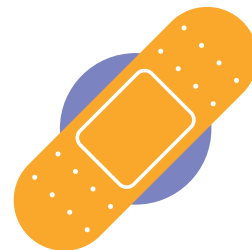
Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm.



Social bullying, sometimes referred to as 'relational bullying', involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public.



Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

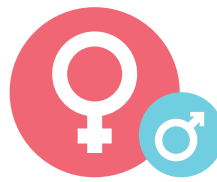
- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures.

Bullying facts

Facts from surveys taken by BeatBullying and the NSPCC



38% of young people have been affected by cyberbullying.



Girls are twice as likely to experience persistent cyberbullying than **boys**.

The most common methods being:



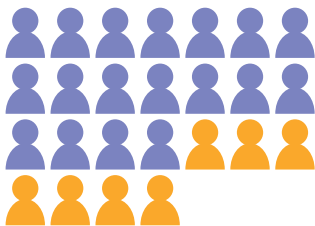
26%
abusive
emails



24%
abusive
texts

31,599

31,599 children called ChildLine in 2011/12 about bullying.



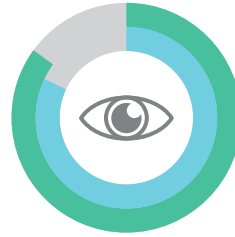
28% of children did not tell anyone about the abuse.



Bullying was the main reason boys called Childline.



87% of parents report that their child has been bullied in the past 12 months. But **18%** of children said they would not talk to their parents about bullying.



85% of children have witnessed bullying.
82% tried to intervene.



38% of disabled children worry about being bullied.



55% of lesbian, gay and bisexual children have experienced homophobic bullying at school.



46% of children and young people have been bullied at school.



69% of children in the United Kingdom report being bullied.



16,493 young people in England are frequently absent from state school or are home educated because of bullying.



Only **20%** report bullying to others.



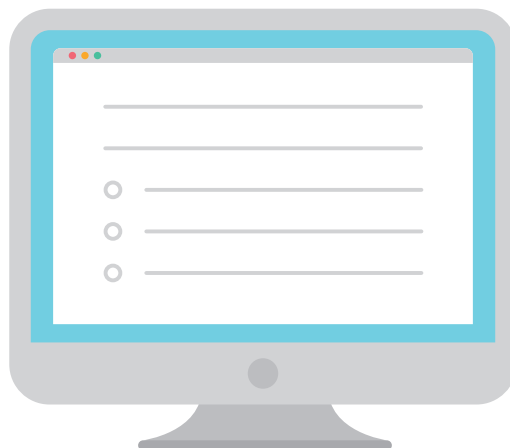
The consequences

It is estimated that at least 20 children and adolescents a year commit suicide because of bullying - this is a conservative estimate based on documented cases known to us. It is likely that the actual number is higher, perhaps much higher. (These figures also do not take into account the numbers of young people who attempt suicide but survive.)

According to the National Bullying Survey, more than half of those who reported being bullied had been physically hurt (parents report over 71%); 34% of those physically hurt required attention from a doctor or hospital and 3% of the attacks involved a weapon.

Research in Scandinavia by Professor Dan Olweus, quoted on the website of the US organisation Fight Crime: Invest in Kids, has found that two-fifths of boys who bullied others at school had three or more criminal convictions by the age of 24.

Bullying is one of the most significant reasons for children to be withdrawn from the school system altogether and educated at home. One organisation cites it as the reason in over 50% of cases.



Bullying survey

We have created an online survey for everyone who is at a secondary school in north Hampshire.

Please spend a few minutes filling this out and letting us know what the issues are locally.

You can also use this form to make contact with the Nomorebullying team. The survey is anonymous but the information will be shared with your school.

You can fill out our anonymous bullying survey by visiting: www.hart.gov.uk/bullying-survey

Bullying & truancy

The Bullying and Truancy Report (2006) found a direct correlation between bullying and truancy.



1 in 3 young people who experience bullying truant from school.

20,000

young people truant **everyday**

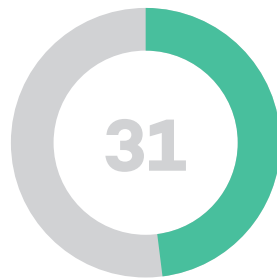
and

31 million

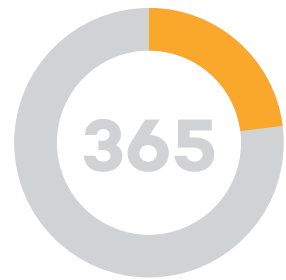
school days are lost **every year** as a result of bullying.



29% of children truant once a week



48% of children truant once a month



23% of children truant once a year

33,674,217

yearly absences from school caused by bullying

Case studies

Jack

Truantiing the only way for bullied teenager to avoid trouble

Jack suffered such persistent verbal and physical bullying that he truanted from school everyday for two months, as he felt it was the only way to avoid his tormentor. When Jack's mum supported his actions, she was accused of keeping her son from school and threatened with prosecution.

At the peak of his terrible ordeal, when he was 14, Jack chose to walk the streets in the rain rather than go to school because he could not face his bully.

Jack said: "I felt like the school didn't want to accept that I was being bullied. The bully wasn't punished and so the bullying just increased. I couldn't escape it at school and so skiving off seemed like the only option."

His ordeal started when he moved school and became popular amongst new friends. One of the group, however, disliked Jack's new popularity, and began to bully him, pushing him in the corridor, insulting him and threatening him.

As the bullying increased, and feeling that no one at the school understood his situation, Jack began to self-exclude. He would pretend to be ill so that he could stay home, and when he did attend registration, he would then leave school to wander the streets or go home.

Almost immediately, Jack's school addressed the problem of his absence. Unfortunately, however, his bad reputation meant that the school initially refused to believe he was being bullied. Without understanding his reasons for self-excluding, the headteacher automatically assumed that the problem was behavioural and that Jack was to blame.

The school alerted Jack's mum, Julie, who was astonished when her son confessed that he was truantiing because he was being bullied.

Julie immediately contacted the school in an attempt resolve the problem. However, her letters went unanswered and promised meetings never materialised. Instead, she was contacted by her local Education Welfare Officer, and within weeks, received letters accusing her of letting her son be absent from school without reasonable justification.

Julie said: "I was astonished that the education system did not appear to be interested in Jack's emotional welfare or educational welfare. Jack was angry that he was being bullied at school, but he was more frightened of what his reaction would be if he stayed in school to endure the bullying."

Jack continued: "The bullying got so bad that I wanted to hit back, but I knew that I could end up being excluded for fighting. I wanted to go to school but I didn't want to get into trouble and upset my mum."

Jack and his mum feel that they did not receive the support from Jack's school or education welfare officer that they needed to overcome his problem with the bully. He had no history of truantiing from school, and, when truantiing, chose to behave in a way that avoided all trouble, either by isolating himself on the streets or by staying home alone. Indeed, when the school refused to intervene and stop the bullying, Julie fully supported her son's responsible decision to remove himself from a very difficult situation.

However, during Jack's ordeal, BeatBullying provided extensive support for his family. The charity advised Julie throughout, and offered constant guidance for the family when liaising with the school.

Not surprisingly, Jack's education began to suffer because he was not attending lessons. He missed his mock exams, and although he continued to state that he wanted to go school if the bullying could be resolved, the school refused to let him re-sit the exams.

Jack said: "The welfare officer didn't seem to care that I was being bullied, she was only interested in getting me back to school. The school didn't understand that I wanted to attend lessons, but didn't want to be in a situation where I had to fight the bully."

For four months, Julie, with BeatBullying's support, continuously pushed Jack's school to recognise that her son was being bullied, so that the problem could be dealt with and he could return to class. Eventually, the school grudgingly accepted the situation and arranged a meeting between Jack, the bully, and the school, in order to implement a strategy to resolve the problem. Even so, Julie still felt that the headteacher wanted to blame Jack, more than the bully, for the problem.

Julie said: "The headteacher told me that Jack has a problem with anger, implying that there could be no other reason for the bullying. It seemed as though the school were taking the easy way out by blaming Jack, for then they didn't have to deal with the problem."

Jack is back at school now and has been able to catch up with all the schoolwork missed. The bully has been warned to stay away from Jack, who has been moved to the other side of the year.

What would you do?

Why not spend a few minutes talking to your friends and family about the questions below?

What would you do if...

You saw someone being bullied?

A friend told you they were being bullied?

Someone told you they feel worthless?

Someone told you they cried themselves to sleep?

Someone told you they self-harmed?

Someone told you they were suicidal?

Case studies

Amy

Bullied girl sees suicide as only way out

Amy suffered such an endless torrent of verbal and physical abuse at the hands of her schoolmates that she attempted to take her own life.

Her ordeal began when she entered secondary school and a few of her classmates started taunting and insulting her for the way she looked. As more and more joined in, the problem escalated. There was nothing wrong with the way Amy looked, thus proving the arbitrary nature of bullying.

Amy said: "The words hurt. If I'm honest, I knew I wasn't as pretty as some of the other girls, but what really upset me was that people were using the things that make me, against me."

As the bullying turned physical, Amy began to devise ways of avoiding her tormentors. She felt that she couldn't leave school as she was about to take her GCSEs. Instead, she figured out her bullies' timetables so she could avoid them in the corridor, and bunked off lessons so she wouldn't have to face them in the classroom.

The continued absences from school began to have an effect on Amy. Once a promising student who was determined to go to university, Her grades began to dramatically fall and her opportunities in life seemed to be slipping away.

Eventually, a distraught Amy confided in her mother and they immediately brought the issue to the attention of the school. The deputy head dismissed the problem as "petty girl squabbling", and the bullies, angry that Amy had told on them, stepped up their hate campaign, until she felt she could face it no more.

Amy continued: "I felt awful knowing that I was being bullied and couldn't really do much about it. I lost all respect for myself. I hated the bullies but I hated myself even more. My self-esteem was rock bottom and I didn't want to be on earth anymore."

The problem reached catastrophic proportions when Amy made an elaborate noose from a curtain in her own bedroom. It is every parent's nightmare to walk in and find their child has committed suicide, and it was this thought which kept Amy from seeing it through.

It took a suicide attempt to wake Amy up to the serious effect that the bullying was having not only on her present happiness but also on her future. She considered suicide as the only escape from her bullying nightmare, but she could not go through with it knowing the pain it would bring to her family. Instead, she faced her bullies, knowing it would end when they finished school in a couple of weeks.

Three years on, Amy is still not over her ordeal. Only now she is at university, away from her bullies, enjoying being accepted for who she is, and beginning to regain the confidence she had when she was 13.

**Beat
Bullying**

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from BeatBullying**

I give up

by Izzy Dix
1999 - 2013

I arrive,
Happy and fresh,
Ready and excited,
To celebrate the goodness.
I am eager and keen to have a good time.
As I smile from the bubbles of anticipation
whizzing around my stomach,
I begin to see the crowd,
I see more people,
Many are happy and joyful.
They're there like me,
To celebrate,
I smile at them and say hello
to the many faces I see,
They look shocked and surprised to see me,
I question their judgmental glares as I wonder,
'What have I done wrong?'
I see their drinks swilling in their fingers as their
backs begin to face me.
I try to edge my way back into the circle of giggles
and talking,
They push me away.
I stand still,
My eyes glazed and absent.
Suddenly they call me over,
I think, 'Yes! They've noticed me!'

But then it begins,
They start to ask questions,
As to why I am there.
They begin to tell me that nobody wants me there,
They tell me to leave and that I am not wanted,
Not there, not anywhere,
My heart,
My head,
My body,
Numb.
I feel pricks of stinging begin to pinch my eyes
as cheeks begin to burn.
'Don't let them see you,
Don't show them that you're weakened,
Weakened by their remarks',
'Stay strong' I think,
But it's too late,
My palms, clammy,
My cheeks, streaming,
My neck, sweating.
I walk quickly away from the chanting and laughing,
My vision, spinning,
My heart, beginning to break.
I look down and walk,
My eyes drowning in a sea of emotion.
Another piece of me chiselled away by their cruel
remarks and perceptions,
I give up.



Anonymous poems

1

It's great what you're doing for your campaign
From raising awareness even just from its name
People everywhere need extra hope in their lives
And what you're doing for them may come as a big surprise
Bullying sucks, we all know it's true
And, as a victim, you know it too

So who better to help all those people in need
Than someone that is determined to succeed
You're great, and determined and that is what your campaign needs
As well as the rest of us who also believe

So keep up the good work, we're all behind you
And whenever we can help, we'll see what we can do
Let's change the world, a bit at a time
So let's start with this simple rhyme

2

You are the hater who says I am fat
You are the hater who knocks off my hat
You are the hater who laughs at my spots
You are the hater who pulls on my locks
You are the hater who causes me grief
You are the hater that smirks at my teeth
You are the hater who screws up my work
You are the hater who calls me a jerk
You are the hater who will go down for this
I am the victim who no one will miss

They all try to look the same
All try to give themselves a name
Pick on the boy who is all alone
Just because his identity is his own
What has this world come to?
All this wrong that people do
Just for the image they want to show
Down the evil path they seem to go

The next person you hurt
Or try to make feel like dirt
Instead of trying to look cool
Feel for the guy you make look a fool

A cool identity isn't a need
Let those you bully be freed
Your identity should be your own
A better person you will be known



Fearless is a site where you can access non-judgemental information and advice about crime and criminality.

What makes this site different is they also provide you with a safe place to give information to them about crime **100% anonymously**.

If you have any information about crime and are unsure who you can pass this on to, you can be fearless and let them know 100% anonymously.

We're available 24 hours a day, 7 days a week, 365 days a year for you.

www.fearless.org

If I am a bully, how can I stop?

Why do people bully others?

There are many reasons why people bully others. It may be that they're unhappy and taking it out on someone else. Many people who bully have low self-esteem, and bullying can be a way of coping. In some cases, people who bully are also being bullied themselves.

Others are encouraged by their friends to bully, and do it because they don't want to be left out. Some people pick on others because they're looking for attention or because they're feeling jealous.

How can I get help to stop being a bully?

People who bully others often find it hard to ask for help. They may be worried that they'll get into trouble with their teachers or that they'll be bullied themselves.

ChildLine is a helpline for young people and children. You can call at any time of day or night to talk about any worries you have.

It takes courage to stop being a bully. Just because you've been involved in it doesn't mean you have to continue. Help with bullying is not only available to those who've been bullied. Many anti-bullying support groups also help people who are involved in bullying.

Talk to a parent, teacher or an older pupil who you get on well with. If there's any support system in your school for those who are bullied (such as a teacher who is designated to deal with bullying), they should be able to help you. Some schools have peer support schemes, where older children are trained to help younger children deal with bullying. Peer support is usually available to children and young people who say they're bullies.

If you're worried about being judged, and don't want to speak to anyone you know, you can get help anonymously by calling ChildLine on **0800 1111**. ChildLine advisers will listen to any child whatever the problem, and give advice.

North Hants anonymous secondary school survey

82% of young people said they had been bullied

19% of which are still being bullied now

9% admitted to being bullies at some point

47% said they had been cyber bullied

4% admitted to being a cyber bully at some point



“ It’s not big or clever to intimidate or bully others. Being a footballer means always being a team player. On the pitch, aggression and intimidation will lead to you being sent off or banned from matches, which means letting your team, fans and officials down as well as yourself. Something no footballer wants to happen to them. There is no place for bullies in football or any other sport.”

Brett Williams, striker for Aldershot Town FC
www.theshots.co.uk

“ All people, particularly children, have the right to feel safe at school as well as at home. Being young is challenging enough without the added stress of bullying. It is easy to hide away and ignore bullying but I urge anyone affected by it to speak out. There are good people out there who will help you.”

Cllr. Myra Billings, Chairman of Hart District Council
www.hart.gov.uk



“ Bullies are cowards. Bullies are people who have suffered pain and embarrassment themselves, and rather than get help, they try and take out their frustrations on those they think are too small or weak to fight back. If you’re a bully, now is the time to get help, because there will be a day when you bully someone who isn’t afraid to protect themselves.”

Nick ‘ Headhunter’ Chapman, Mixed Martial Arts Fighter
www.nickheadhunterchapman.co.uk

“ Bullying is something I feel very passionate about. It is ingrained into society and seems to be the norm. ‘Oh it happens, it’s part of life, I was bullied when I was a kid and your kids will be bullied as well’. This needs to be addressed not just locally but worldwide and it comes in many shapes and forms from verbal, physical and cyber- bullying. That’s why I was very honoured to be made ambassador for Redemption Martial Art’s ‘Rise up against bullying’ campaign and the way we do this is with education that bullying is not acceptable and there is no place for it in this day and age.”

Sam Rowe, founder of the Academy of Hard Knocks and RMA Ambassador
www.theacademyofhardknocks.com



“ What a brilliant idea by Brandon and his friends to set-up Nomorebullying. Any information and support to help young people deal with bullying is important, but particularly when it is from people their own age. Nomorebullying signposts young people and acts as a gateway to bullying issues for young people across North Hampshire.”

Cllr. Adrian Collett, Hampshire County and Hart District Councillor
www.hants.gov.uk | www.hart.gov.uk

No more bullying champions code

**You should
not pick
fights**

**When you're angry
you must never do
anything to harm
yourself or others**

**You should
not punch, bite,
kick or push**

**You should
walk away
from bullies**

**Don't play
roughly if you
don't want
to fight**

**You should ask
someone to
separate you
and the bully**

**Stand up
for yourself**

**Try and
ignore
the bully**

**If you see
it happening
tell an adult**

**You should
tell someone
about it**

Anti-bullying pledge

As a proud supporter of Nomorebullying,
I promise from this day forward to:

Speak out against all forms of bullying

Report all forms of bullying

Support those who are targets of hate

Avoid bullying others

Seek help if I'm a bully myself

Create a bully-free school

Name: _____

Signed: _____

Date: ____ / ____ / ____

Further advice

Bullying advice for children and parents/guardians:

Childline

www.childline.org.uk

Kidscape

www.kidscape.org.uk



Other useful links:

Safer North Hampshire

www.safernh.co.uk

Hampshire Constabulary

www.hampshire.police.uk

Fearless

www.fearless.org



Produced by Rushmoor Borough Council
for Safer North Hampshire and Nomorebullying

RUSHMOOR
BOROUGH COUNCIL

safer
north hampshire