



CHILDLINE IS  
**ALWAYS**  
HERE TO  
SUPPORT YOU.

## Bullying

### What is bullying?

Bullying is any persistent behaviour that is intended to hurt someone. It can happen anywhere – including at school, at work, online or at home. Examples of bullying include name-calling, making threats, being violent or aggressive, spreading rumours and undermining, humiliating, excluding or pressuring someone.

### Is it bullying?

**S**everal  
**T**imes  
**O**n  
**P**urpose

**YOUNGMINDS**

### How can I help my child if I think they're being bullied?

- Open up a conversation
- Listen to their experience
- Give them time before talking if they need it
- Check in with them
- Keep a log of the bullying
- Help them build up their self-esteem
- Encourage them to spend time with peers who treat them well
- Help them make time to do things they enjoy
- Take action to stop the bullying

### What are the signs that a young person is being bullied?

- While everyone is different, a young person who is being bullied may:
- seem low or anxious
- seem less confident in themselves
- show signs of distress such as feeling upset, teary or panicky
- avoid school or refuse to go altogether
- often complain of feeling physically unwell
- have outbursts of unexplained anger at home
- seem withdrawn, isolated and wary of others
- have few friendships
- make changes in their behaviour, for example dressing very differently or suddenly doing new activities to meet peer pressure
- act in a bullying way towards others
- have unexplained physical injuries such as bruises or scratches
- do less well at school
- eat and/or sleep more or less than usual
- use things like self-harm or drugs and alcohol to cope with difficult feelings

Underneath these behaviours, a child who is being bullied may be frightened or anxious, lonely, isolated, worthless, on-edge or desperate about the situation they're facing.



Read through our school's anti-bullying policy.

<https://www.timbertreeacademy.org.uk/portals/0/policies/Anti-Bullying%20Policy.pdf?ver=2024-01-26-192155-187>