



Bullying

Useful Info

IF YOU ARE BEING BULLIED, OR ARE DOING THE BULLYING, WHY NOT GET IN TOUCH WITH THESE USEFUL CONTACTS, THEY MAYBE ABLE TO HELP!



www.bullying.co.uk
www.kidscape.org.uk

For parents and young people who need advice:

(free phone number)

0800 1111

www.childline.org.uk



TENDRING DISTRICT
YOUTH COUNCIL

Anti-Bullying Charter



Taking a lead
in creating a safe and
friendly environment for all
children and young people

Your Voice - Your Council
Your Future

Why do bullies bully?

Bullies may bully because they are feeling upset., they may have had a break up in their family, or they may just feel shadowed by you, they may think you are better in class or that you get better grades. If they bully you then they feel better than you, It is hard to tell someone if you're being bullied, so why don't you keep a note of what's happening and show someone instead of telling, this will be easier and make the situation better to solve, Remember tell someone you trust and trust me they will help you.

By Leanne Barber
Portfolio Holder for Anti-Bullying

Tendring District Youth Council

The Youth Council should be a place you feel safe at!

The Youth Council aims to provide a safe environment for all young people, but we all know bullying can happen anywhere and to anyone.

As a Local Youth Council we have a zero tolerance approach to bullying, but this is what you can do to help us 'beat the bullies'.

1. Don't ignore bullying – it won't go away on its own and it may get worse.
2. Tell someone you trust – such as a Leader, parent or another member.
3. Remember – it's not your fault. No one deserves to be bullied.

Bullying might be?

NAME CALLING
TEASING
STARING
HIDING THINGS
HITTING

Statement

Bullying, no matter by what form or in what context will not be tolerated when any child or young person is in the care of Tendring District Youth Council. All activities we facilitate should contribute to a child's well-being in a positive way.
Stephen Mayzes, Executive Leader

What to do if your being bullied

Being called names, **TELL SOMEONE**

Practice what to say to defend yourself

Keep a note or diary of what is happening so you can show it to someone

Don't give up inside yourself

Ask your parents to visit the council so they can solve the problem

Talk it over with a friend, teacher, mum, dad or someone you trust

Adults have to listen if your being bullied. They won't ignore you.

