

# Members Character



## 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 includes

- People calling you names
- Making things up to get you into trouble
- Hitting, pinching, biting, pushing and shoving
- Taking things away from you
- Damaging your belongings
- Stealing your money
- Taking your friends away from you
- Spreading rumours
- Threats and intimidation
- Making silent or abusive phone calls
- Sending you offensive phone texts
- Posting insulting messages on the internet or by IM
- Bullies can also frighten you so that you don't want to go to school, so that you pretend to be ill to avoid them.

**REMEMBER - TELL SOMEONE YOU TRUST  
as soon as you feel unsafe!**