



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](http://www.bullying.co.uk)  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

**For parents and young people who need advice:**

(free phone number)

0800 1111

[www.childline.org.uk](http://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

Championing the Voices of  
Children & Young People

## Tendring District Youth Council

### 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.**



### 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 the TDYC team

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 Youth Council we have a zero tolerance approach to bullying, but this is what you can do to help us 'stamp out bullying'.

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, carer 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