

# Bullying statistics

**81%** of young people experience name calling

**50%** were bullied because of appearance

**90%** said that bullying happened at school

**68%** said that bullying has had a huge impact on their self esteem

**40%** young people have had suicidal thoughts because of bullying

**"It's unexplainable but it gives you a generally bad feeling about yourself. Whatever I do they just manage to hate me for it."**



# Types of bullying

**Physical** (when someone pushes you, hits you or harms you in any way physically)

**Name calling** (using insults and offensive nicknames)

**Social** (leaving out, fake rumours, damaging a person's reputation, excluding others, online and offline)

**Cyberbullying** (being bullied online, via social networks, apps, messenger and phones)

**Sexual** (unwanted sexual advances, pressurised to do sexual things, sexting, sexuality, spreading sexual rumours)



## How bullying can make you feel

- Depressed
- Anxious
- Isolated
- Withdrawn
- Suicidal
- Humiliated
- Low
- Upset
- Angry
- Frustrated
- Blame themselves



## How might they react?

- Self-harm
- Feel depressed
- Suicidal thoughts/attempts of suicide
- Withdraw socially and stop going out
- Avoid social media or messenger
- Feel anxious about going to school
- Be very angry and be aggressive
- Bully others
- Develop an eating disorder
- Turn to drinking or taking drugs



## What about how bullying affects other areas of life?

- Family life
- School work
- Relationships
- Friendships
- Socially
- Emotional well-being
- Future relationships



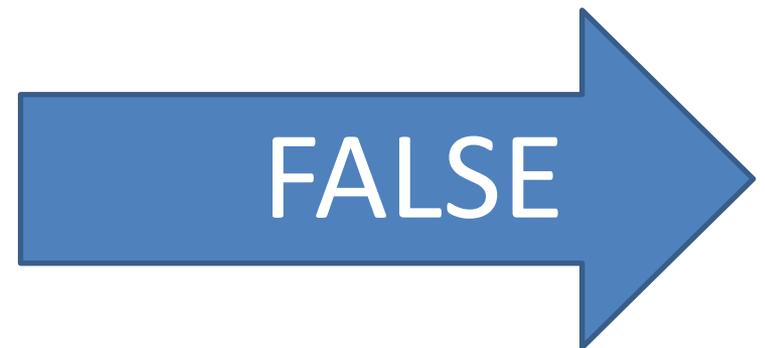
## How to get the bullying to stop

- Report the bullying to a teacher or someone at school you feel safe with
- Tell a parent or a family member
- Be assertive with the bully and say their name calling is boring or making them look stupid but not aggressive
- Ignore it and walk away with no reaction
- Keep a diary



## True or false

1. You can spot a bully from the way they look and act?
2. Cyberbullying can only affect someone if they are online and have an account too
3. Bullying is a normal part of childhood and you should just ignore it
4. Bullying only happens in schools
5. Reporting a bully will make things worse
6. It is easy to spot the signs of bullying
7. It is not bullying if someone deletes the comment or post



## How we can help

- Free helpline **0808 800 2222**
- Advice on our website [www.bullying.co.uk](http://www.bullying.co.uk)
- **Twitter:** @BullyingUK
- **Facebook:** [www.facebook.com/bullyinguk](http://www.facebook.com/bullyinguk)

*Through life's ups and downs,  
we're with you, all the way*

