

Introduction

Bullying can come in all shapes and sizes. Bullying can be verbal, emotional, or physical. Even ignoring people can be a form of bullying. Any behaviour that is designed to threaten someone can be called bullying.

Bullying is most often thought of in relation to schools and children but bullying can also occur in the workplace or many other circumstances including cyber bullying. Over recent years people have taken bullying and its effects on others much more seriously. Many schools and organisations now have anti-bullying policies in place but it is important that we all continue to take bullying seriously, stop it happening and prevent the on-going problems that bullying can cause.

Signs:

- Truancing/absenteeism
- Becoming withdrawn
- Tearfulness
- Distress
- Loss of appetite
- Avoiding people/situations
- Self harm
- Thoughts of suicide

What can I do to help myself?

- Tell someone you trust
- Keep a diary of all incidents
- Stay away if you can or stay in a group
- Ask people you trust to help you
- Check your organisation's anti-bullying policy and follow the steps

What can I do to help someone?

- Listen to the person and be supportive
- Accompany the person if possible
- Find out how to get help – check your organisation's policy
- Educate yourself and provide information that helps
- Stand up to the bully (be aware of your own safety and don't use violence)

Useful Contacts:

Childline

Confidential helpline for children and young people.

Phone: 0800 1111

Website: www.childline.org.uk

Bullying UK

Phone: 0808 800 2222

Web: www.bullying.co.uk

ACAS

Guidance for employees on bullying and harassment.

Phone: 08457 47 47 47

www.acas.org.uk



Penumbra is a leading Scottish voluntary organisation working in the field of mental health. We provide an extensive range of person-centred support services for adults and young people.

We also campaign to raise awareness of mental health issues and reduce the social stigma attached to them.

If you would like more information or have any further questions about any other Penumbra services please contact:

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