

Bullying

"Bullying" refers to repeated verbal, social, or physical aggression that involves some form of power imbalance. The driving forces behind bullying may vary from person to person, but bullies share some common characteristics. For example, some people bully because they know that it gets them what they want, while others bully because they are deeply insecure. No matter the cause, bullying is unacceptable, regardless of where it takes place.

Specific types of bullying include:

- **homophobic bullying** based on your sexual orientation
- **racist bullying** because of your skin colour or ethnicity
- **religious bullying** because of your beliefs or faith.
- **sizeist bullying** referring to your body size
- **sexist bullying** focusing on you being of the opposite sex
- **cyberbullying** targeting you online, often anonymously
- **bullying because you are different**

Bullies victimise others by using tactics including:

- Intimidation
- Threats
- Insults
- Intentional exclusion
- Spreading rumours and lies

Bullying can be a one-off or it can go on for a long time. Moreover, bullying can happen to anyone.

The Impact of Bullying

Bullying is harmful not only to targets of this behaviour but also to bystanders and bullies themselves.

Targets of bullies may:

- Develop mental health problems like anxiety and depression
- Experience eating and sleeping changes
- Feel lonely and isolated
- Have suicidal thoughts
- Withdraw from activities they once enjoyed
- Miss days of school
- Drop out of school

Often, victims of bullying do not realise that it is bullying. The **Bullying Worksheet** focuses on education by defining bullying in simple terms and providing practical examples. It also describes strategies to help you deal with bullying in their own lives.

Resources:

Bullying – Worksheet pack

Bullying – Recognising a problem

Bullying – A guide for young people

<https://www.youngminds.org.uk/young-person/coping-with-life/bullying>

Types of Bullying

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>