



# Information about bullying

## Why is bullying wrong?



Bullying is wrong because it makes people feel scared and upset.

## What is bullying?



Bullying is when someone is horrible to you on purpose.

Anyone can be bullied. People are usually bullied because they are different from other people.



If someone bullies you they might



- call you horrible names



- hit you



- kick you

- steal your things



- send you nasty text messages, emails or letters or make a nasty phone call



- make you do things you do not want to do



- ignore you and leave you out of things.



## What should I do if I am being bullied?

It is important to get it stopped. You can get help by telling



- a family member



- a friend



- your teacher if you are at school or college



- your social worker, key worker, or carer if you have one



- the police if someone has hit you or is seriously hurting you.



## What if the bullying doesn't stop after I have got help?

There are lots of laws that say bullying is wrong. If you are still being bullied after you have got help, the police might be able to help you.



The police might ask you for evidence. You can show the police evidence by



- keeping a diary of what is happening to you – you can write the diary or record it on a tape



- keeping any nasty letters, texts or emails to show them.

## What if I am still upset and scared when the bullying has stopped?



You can speak to your doctor and tell them how you feel. They might be able to find someone you can speak to about your feelings.



This person is called a counsellor. A counsellor can help you to find ways of dealing with your problems.

## What do the words mean?

**Evidence** means proof that something has happened.



**If you need more information you can contact the Learning Disability Helpline**



### **England**

Call: **0808 808 1111**

Email: [help@mencap.org.uk](mailto:help@mencap.org.uk)

Text: 07717 989 029

Typetalk: 18001 0808 808 1111



### **Wales**

Call: **0808 808 1111**

Email: [information.wales@mencap.org.uk](mailto:information.wales@mencap.org.uk)



### **Northern Ireland**

Call: **0808 808 1111**

Email: [mencapni@mencap.org.uk](mailto:mencapni@mencap.org.uk)