

Helpful Information

How can you help yourself

- Avoid areas where you have been bullied if it is possible.



- Make sure you have friends around you in places where you have been bullied.



- You have someone in school they can talk to who understands their situation.



- You find time to talk to people who can help you



- They know that you are not to blame for being bullied. The Bully has the problems not you!

In school you can talk
to any adult in school

Other agencies you can contact:

Youth Enquiry Service (YES)

Tel: 01534 280530

Email : yes@jys.je

LGBTQ+

Tel: 01534 4280500

Email: davidbras@jys.je

You Matter

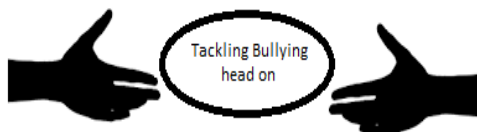
Tel: 07797969886

Email: hello@youmatter.je

Youth Service:

Tel: 01534 280500

Email: jys@gov.je



States
of Jersey

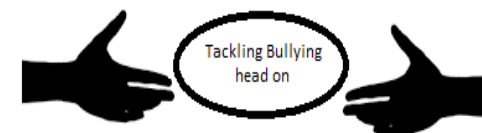
States
of Jersey

Leaflet for Pupils

*Moving Jersey towards a
bullying-free island*

**I know someone
who is
being bullied**

PILOT PROJECT



Information to help you deal with this situation

Why you have been given this leaflet.

You may know someone who has been hurt by:

Unkind hands...



or feet



Unkind words....



or been upset by someone



What is bullying?

Bullying is when another person hurts someone **more than once on purpose** either...

Socially or by isolating others



Verbally



Physically



Using a phone or computer



Information about people who bully

People who bully someone else do so because they have problems. They are unhappy with things in their life and bully others to try to feel better—but it doesn't work.



What problems do bullies have?

Almost all bullies are being bullied by somebody else. This is likely to be one of the main problems they have. They bully because they are unhappy.



Bullies often do not feel they are good enough in school. They can feel jealous of other people and feel they have bad things going on in their lives



Is it bullying?

Not all hitting, kicking, name calling and horrible behaviours is bullying. It is not nice, but it is not always bullying. It will be dealt with but not called bullying



If someone hurts another just once when they are upset, this is not bullying. Still tell a teacher about it, but do not call it bullying.

If the person has hurt you or someone else on purpose more than once then they need help to stop. Talking to a teacher will help. **YOU ARE NOT TO BLAME.**



What can I do to help?

Telling someone **always** helps. If the person finds it hard to tell a teacher then friends should help you to talk to an adult about it. Bullies need adults to help them stop and telling an adult about it will help you and the bully.

Do not be afraid and find help

DO NOT DEAL WITH THIS ON YOUR OWN.