

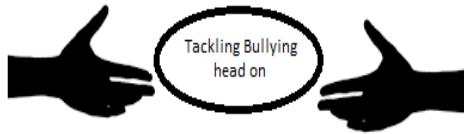
Helpful Information

Next Steps

Recognize that you have or are bullying others and bullying others will not help you feel better about yourself. Be honest with yourself.

Seek Help If you feel you need help in stopping the need to bully others there are people who can help. If you can stop without this help that is very impressive.

Talk Talking to the right people really does help. Talk to a responsible adult who will help manage the problems you have.



In school you can talk to:

Mr Turner

Mrs Hepworth

Or your class teacher

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

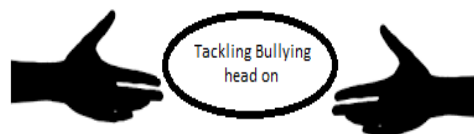
Tel: 07797969886

Email: hello@youmatter.je

Youth Service:

Tel: 01534 280500

Email: jys@gov.je



States
of Jersey

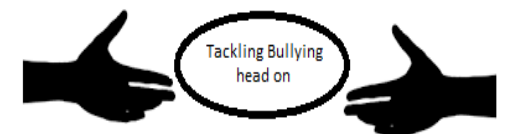
States
of Jersey

Leaflet for pupils

*Moving Jersey towards a
bullying-free island*

How to stop bullying others!

PILOT PROJECT



Information to help you deal with this situation

Why you have been given this leaflet.

You may have been bullying someone if you have been using

Thumped or hit



kicked or tripped



Embarrassed or ridiculed someone **ON PURPOSE**



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 bullied.



Bullies often do not feel they are good enough in school. They can feel jealous that other people they think are better or a lot worse than them.



Children who bully try to feel better about themselves by bullying others - but this does not work.

Bullying people does not help solve your problems

If you have been bullying someone, you may need help to stop the bullying. You can help yourself by talking to people about it.

This really can help!



Why should a bully stop bullying?

Stopping bullying is just as helpful to the bully as it is to the person being bullied.

There is a lot of information to show that people **who bully others have more social and emotional problems as they grow older than those who don't bully.**

By seeking help now and dealing with their own emotional issues properly they will be helping themselves improve their own social, emotional and educational results.

Remember bullying does not take away problems, it often makes things worse.

What is bullying?

Bullying is when you hurt someone on purpose either...

Socially



Verbally



Physically



Using a phone or computer

