

Challenging bullying: rights, respect, equality



Llywodraeth Cymru
Welsh Government



A guide for children

Hello

School should be a safe place.

It's where you learn new things, play and make friends.

Bullying stops this.

No one should be bullied.

Bullying leaves people feeling hurt, lonely and sad.

Bullying is bad behaviour that:

- means to hurt, frighten or upset someone
- keeps happening
- happens on purpose
- targets someone because of who they are, how they look or what they do.



All children and young people have rights.

The United Nations Convention on the Rights of the Child (UNCRC) **says:**

- **you have a right to be protected from harm**
- **you have the right to an education.**

Bullying stops children and young people getting these rights.



Bullying can be:

Verbal

- Being called nasty names
- Being teased and made fun of
- Being threatened or put down



Emotional

- Having rumours or gossip spread about you
- People talking about you behind your back
- Being left out, excluded or isolated



Online

- Having hurtful or embarrassing things posted online about you
- Saying nasty things or sharing nasty pictures on mobile phones, apps or online



Physical

- Being hit, kicked or punched
- Being tripped up or knocked down
- Being forced to do things you don't want to do



Written

- Having unkind notes or graffiti written about you
- Getting hurtful or embarrassing messages or letters



Are you being bullied? It's not your fault!

Not everything is bullying

Bullying isn't:

- teasing between you and your friends that goes wrong, but only happens once
- falling out or arguing with a friend
- a fight that happens once
- when someone doesn't want to be friends.

When someone acts in a way that hurts or upsets other people it's called bad behaviour. If someone keeps doing this on purpose, it can become bullying.

If you're worried about any of these things, tell someone at school.

Things you can do

If you feel **safe**, you can:

- ask them to stop
- tell them to go away
- walk away and find different friends to play with.

You can tell someone at school and they will help you.

Things you shouldn't do:

- Don't think it is your fault.
- Don't believe the nasty things said about you.
- Don't do what they say.
- Don't get angry.
- Don't hit them.
- Don't behave badly back.



You have a right to be safe.

You don't have to change how you look or who you are.

When you see someone being bullied:

- tell someone
- don't stay silent
- don't ignore it
- don't join in
- don't laugh at what's happening
- don't share or like things online that you think are bullying.



Telling someone

If you tell someone, tell them as much detail as you remember, such as:

- what happened
- where it happened
- how many times it happened
- who saw it happen
- who was involved
- how it made you feel.

Sometimes it's good to talk to a friend who can go with you to speak to an adult or teacher.



Bullying is not allowed in school.

What your school should do

If you tell a teacher, they should listen to you.

They should take what you say seriously.

They should take action and stop the bullying happening.



If things don't get better

If you tell a teacher and things aren't getting better, **then tell someone else**. You can ask a friend, your parent or carer to go with you.

If you or your family don't feel your school is dealing with the bullying, you can make a complaint. Your school has steps to help you do this.



**If your school doesn't know,
they can't help to stop it.**

Help and advice

If you find it difficult to talk to someone at school or at home, contact Meic. It's a free helpline for children and young people to talk to someone about their worries every day, 8a.m.–midnight.

www.meiccymru.org

☎ 080880 23456

Toolkit

There is a toolkit with more information and help if you want it.

For more information please go to the [Hwb website](#).



Counselling

If bullying is upsetting you, there are people who can help you deal with those feelings. They are known as counsellors.

There is counselling in school for Year 6 and high school. Also, your council website has information about what else is available in your area.

You can make an appointment or ask an adult you trust to make one for you.



Thanks for reading this.

Being bullied is never your fault!

If you need help – tell someone at your school.