

BULLYING SYMPTOMS

If you are being bullied there are many signs; some of them are as follows:

- Being frightened of walking to and from school.
- Being unwilling to go to school.
- Asking your parents to drive you to or from school.
- Changing your route to or from school.
- Not doing so well at school.
- Coming home hungry.
- Becoming withdrawn.
- Becoming distressed, stopping eating.
- Crying yourselves to sleep.
- Having bruises, scratches and cuts that you find difficult to explain.
- Hiding the fact that your possessions are being stolen.
- Asking your parents for money or begin stealing money.
- Continually “losing” your money.
- Having nightmares.
- Self harming
- Giving improbable excuses to any of the above.

Here's what to do...

BULLYING SUPPORT

Being Bullied?

Top Tips to fight Bullying

- Try to ignore any insults
- Remember all bullies are cowards
- Do NOT get into fights
- If you are being insulted, threatened or hurt see a teacher or a member of the Support Team
- The teachers are here to help
- Remember that you are better than the bully

Need Help?

You could also come to the Support Team. It is a confidential service provided by 14 pupils trained to support students experiencing bullying. We are on duty every breaktime in a small room at the back of the library.

If you see anyone being bullied, then recommend them to us as we have helped many students to find the confidence to confront the bully. We can also give the student strategies to help deal with his/her concerns.

We are here to help!