

# Bulling in the UK

A report by Kamila



The meaning of bullying is seeking to harm, intimidate or coerce someone. There are many types of bullying, for example:

- Homophobic based on your sexual orientation
- Racist because of your skin colour
- Religious because of your beliefs or faith.
- Sizeist referring to your body size
- Sexist focusing on you being of the opposite sex
- Cyberbullying targeting you online
- Bullying because you are different

Bullying is a growing problem it affects over one million people every year. More than half of children in England and Wales are bullied about their appearance with 40% targeted at least once a week. This number is constantly rising with the increase of social media popularity. People are constantly being shown examples of a "perfect person/life". This leads to bullying because people are jealous of others, even though everything they post might not be true.

The reason why bullying occurs so much is that people can't accept that there are others who are different to them, for example race, faith, sex, etc.

### Who is being bullied?

- Young LGBT people between the ages 14-16  
They are more than twice as likely to get bullied than heterosexual people.
- Young people with special needs between the ages 6-8  
They are twice as likely to be picked on than others their age.
- Young people in poverty are very likely to be hurt or abused.

### How are they being bullied?

- 82.6% of bullying is verbal
- 39.0% of bullying is indirect
- 35.9% of bullying is physical  
(antibullying.com)

### The consequences of bullying

Many people during being bullied don't want to speak about their problems, because of this they can:

- Develop depression
- Develop social anxiety
- Self-harm
- Skip class
- Develop an eating disorder
- Run away from home

Bullying can make people feel isolated and worthless, lonely, anxious and lacking confidence. They can experience some or all of these symptoms.

### How to deal with bullying?

If you are being bullied, do not ignore it! Talk to your parents, carers or teachers.

If it's happening outside of school- Talk to you family, Youth workers may also be able to help.

If it's happening online-Tell a trusted adult, you can report negative posts on most social media platforms. You can also report abuse to the CEOP (Child Exploitation and Online Protection services).

### Helplines and services available:

- YoungMinds Crisis Messenger: It provides free, 24/7 support across the UK
- Childline: If your under 19 you can call, email or chat online about any problem.
- The Mix: If your under 25 you can talk to The Mix for free on the phone, email or on their webchat