

What can you do if you are being bullied?

- Don't let the bully keep you quiet. Nobody has the right to bully anyone. Talk to a close friend, family member or another trusted person.
- Get your friends to help you. Discuss with them what you would like them to do.
- Write down things that are being done to you so you have a record.
- Bullies know what buttons to press so remember they are saying these things to get a reaction from you.
- Do not blame yourself. It's not your fault.
- Don't think you have to deal with the problem on your own.

Please Note

The advice given in this leaflet is intended to be helpful to most people. It does not replace the direct advice of a healthcare professional or counsellor. It is only a general guide and cannot deal with all possible situations nor can it be specific to any one individual. If you or someone you know needs help please contact your GP as soon as possible to obtain further help.

"we're listening"

Contact Details

For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX
Tel: 028 9039 1630

Unit 20 North City Business Centre
2 Duncairn Gardens Belfast BT15 2GG
Tel: 028 9074 6184

www.newlifecounselling.net

Hello.

**We're New Life Counselling,
we're here to help you.**

Are you being bullied?

What is Bullying?

Bullying is the persistent and deliberate attempt to hurt or humiliate someone. Bullying is a form of abuse as it is an attempt to exert control over someone else. Bullying can occur in any place with any person including school, sport, work, and the internet. People may pick on others who are different, but also bullies make up differences about people.

The 3 main types of bullying are Emotional, Verbal, Physical

Some examples of these are:

- Name Calling
- Telling lies about someone
- Hitting, pushing, pinching and shoving or physically hurting in any way
- Stealing things from someone
- Isolating you from your friends
- Using the internet to post insulting or damaging remarks about someone (cyberbullying)
- Spreading rumours
- Threats and intimidation
- Making silent or abusive phone calls
- Sending offensive phone texts
- Bullies can also frighten you so that you don't want to go to school/work, so that you pretend to be ill to avoid them

How to tell if someone is being bullied

- Have you noticed anyone taking a lot of time off or avoiding places?
- Have you overheard someone calling someone else names?
- Are rumours being spread about them?
- Have you noticed anyone spending a lot of time alone?
- Have you noticed anyone being left out of a group?
- Have you seen anyone receiving negative or hurtful remarks on any internet website?

If you think someone is being bullied, tell a trusted person about this so they can help

How could counselling help me?

If you are affected by bullying counselling can provide you with the opportunity to talk on a one to one basis with a professionally trained counsellor about this and to provide you with some support.

What can I expect?

- What I talk about will be respected and treated in confidence.
- I won't be judged
- I can be myself
- I will be listened to
- My side of the story will be heard
- To learn new ways of dealing with difficult thoughts or feelings

How do I get Counselling?

You can either contact us yourself and we will arrange to meet with you or someone else can contact us on your behalf. This may be your GP, social worker or another person who is concerned about you.

If you are interested in finding out about us you can contact us at the telephone numbers or addresses overleaf or visit

www.newlifecounselling.net

for more information and where you can fill in our online form. We will then be in touch to set up an initial appointment.

