

# Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS

## BULLYING

Bullying comes in many shapes and forms including physical, emotional and psychological. The latter of the two can create many hidden scars and can go unnoticed. This is particularly prevalent online, our children spend an increasing amount of time online on social sharing platforms and gaming.

There is a sense of anonymity online which allows people to behave differently than they might in face-to-face situations. This often leads to online bullying and uncomfortable situations which often go unseen by adults.

The persistent passive-aggressive name calling puts downs, harassment and shame can have a significant negative impact on a child's sense of self, identity and overall wellbeing. Bullying online can feel like you're being attacked, even in the safety of your own home. It can feel like you have no escape.



**32%**  
**OF CHILDREN**  
**EXPERIENCE**  
**BULLYING**

OFFICE OF NATIONAL STATISTICS RESEARCH 2020

# IS THIS BULLYING?

Often bullying online goes unseen and sometimes we don't understand what would be considered bullying online.



**SETTING UP A MESSAGING GROUP TO TALK ABOUT ANOTHER FRIEND BEHIND THEIR BACK.**  
IS THIS BULLYING?



**UPLOADING AN EMBARRASSING PHOTO OF A FRIEND ON THE INTERNET AS A JOKE.**



IS THIS BULLYING?

**LEAVING A FRIEND OUT OF AN ONLINE GAME BECAUSE YOU DON'T THINK THEY ARE GOOD ENOUGH AT THE GAME.**  
IS THIS BULLYING?



# IS THIS BULLYING?



TICK THE BOXES IF YOU THINK IT IS BULLYING.

HITTING

LEAVING  
SOMEONE  
OUT

EMBARRASSING  
SOMEONE

JOKING ABOUT  
SOMEONE  
BEHIND THEIR  
BACK

THREATENING

KICKING

NAME  
CALLING

TEXTING  
NASTY  
EMOJIS

EXCLUDING  
SOMEONE

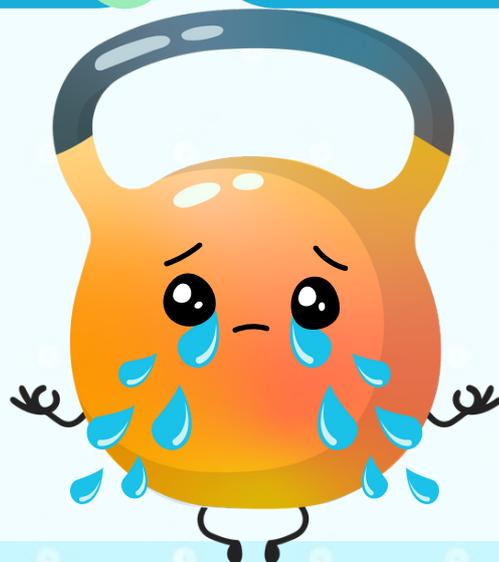
SAYING  
NASTY  
WORDS

SENDING  
RUDE  
COMMENTS

SHOUTING AT  
SOMEONE

#HATE

#BULLY



# SPEAK OUT!



## WHAT CAN YOU DO IF...

### YOU SEE A FRIEND BEING TREAT UNKIND....

- TELL AN ADULT.
- REACH OUT TO YOUR FRIEND SO THEY KNOW THEY ARE NOT ALONE.
- TELL THE PERSON BEING UNKIND TO STOP.

### YOU FEEL LIKE YOU MAY HAVE BEEN UNKIND TO SOMEONE...

- SAY SORRY, YOU HAVE THE POWER TO MAKE THE SITUATION RIGHT AND STOP THE OTHER PERSON FEELING UPSET.

### SOMEONE IS MAKING YOU FEEL SAD OR WORRIED...

- TELL AN ADULT AT HOME OR AT SCHOOL, IT IS IMPORTANT TO TELL SOMEONE STRAIGHT AWAY AND NOT LET IT BUILD UP.

### YOU ARE UNSURE IF YOU HAVE EXPERIENCED BULLYING

- SPEAK TO A TEACHER AT SCHOOL OR A PARENT THEY CAN ANSWER ANY QUESTIONS YOU HAVE.

