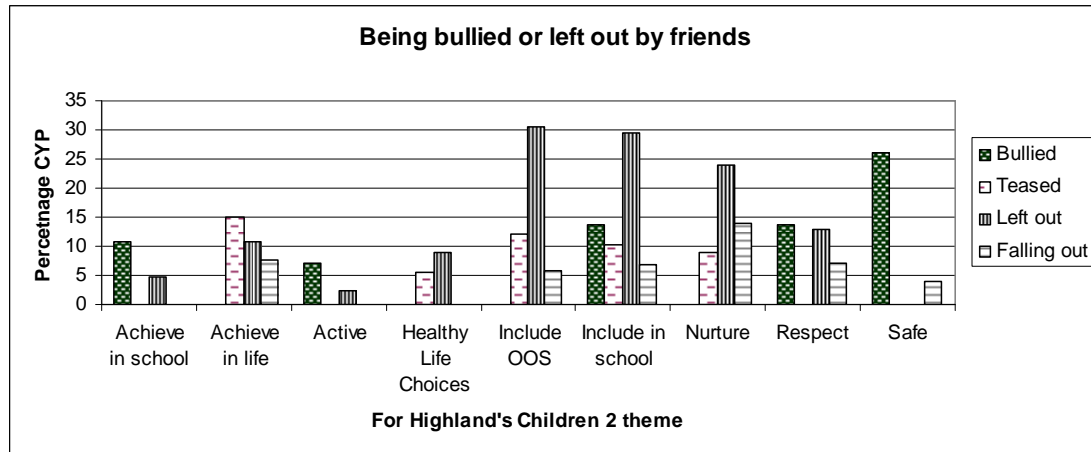


About bullying

Bullying was an issue raised as a negative experience across many of the well-being indicators as shown in the table below. Falling out or being missed out by friends was also an important issue.

Table: Feeling not so good – Being Bullied or left out by friends



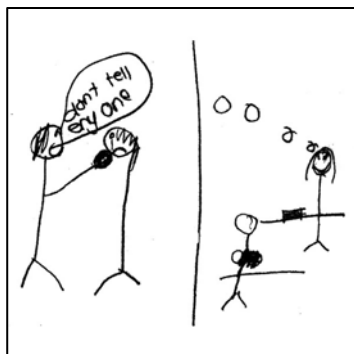
There was some feeling expressed by children and young people that bullying or falling out were inevitable, a learning process.

"Relationships, you learn them as you go."

"It's just something you've got to go through."

"It's just, you're going to make up anyway, you won't stay enemies for the rest of you life."

However, the consequences of bullying and being missed out can be far reaching for some young people.



"Because I was getting bullied. I could not do my work because I was worrying too much."



*People missing you out
"I feel invisible"*

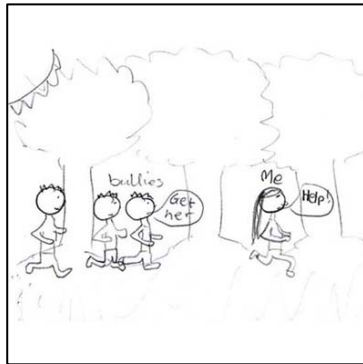
When looking for solutions for bullying children recognised that help was needed for both the victim and for the bully.

"They could set a club; if you were getting bullied you could go there and you could start a club so people learned manners and that. If someone was really moody and that they could get anger management classes."

Group discussion was seen as helpful. There is a bullying slide show available from this project [[click here](#)] which can be used to prompt discussion. Peer support ideas are also seen as being helpful (see "friends help").

"Circle times help you get to share stuff. We have a rule that anything we say keeps in the circle time, that helps"

Glib answers about always telling are not always helpful.



"People said walk away and tell someone but no one was there and they ran after me when I walked away."

But often telling an adult, in confidence, did help.

"In secondary school we had to fill in leaflets about stress. I said I was being bullied. I got called in to the school nurse and was totally worried but she was so helpful and didn't tell anyone without my permission"

"We have a drop in clinic on Tuesday lunchtime in the medical room you can go in just one person [at a time] they are not allowed to talk to anyone else unless they think that you might be hurt [only] then they will tell"

HCF carried out a whole school evaluation about bullying at a secondary school. This gives more information on young people's views. [Click here](#) to view the report.

BullyingUK has a useful website which provides information and useful ideas.

<http://www.bullyingco.uk/index.aspx>