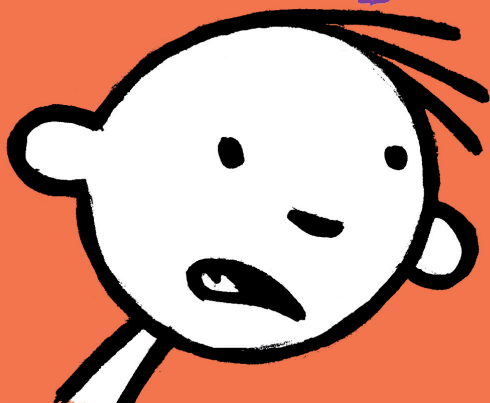


Who cares
about
bullying?




A guide for
children and
young people
in care

Am I being bullied?

Do people treat you badly?

Do you feel like people leave you out because of who you are?

Bullying is when someone hurts you physically or emotionally. Anyone can be a bully - even adults who should care for you. It's never ok, always tell someone.



They push me
around and
tell me no one
wants me



My classmates
say I won't do
well in my exams
because I'm in care

The other kids
always laugh at me
because I don't live
with my parents



There are lots of different types of bullying.

- Physical bullying such as hitting, kicking, pushing or throwing things.
- Verbal bullying such as insults, mocking, name calling or spreading rumours.
- Indirect bullying such as threats, gestures, intimidation, 'dirty looks' and excluding people.
- Cyber bullying such as nasty emails, abusive facebook posts, text messages and hate pages.

You might be bullied because...

- You're in care.
- You have a disability
- You're gay
- You look different

...you might not know the reason why.

How do
I feel?

I'm so sad
and scared
but no one cares.
It's
hopeless.

Everyone hates me.
I feel so alone. What
if it gets worse?



What should I do?

Don't suffer in silence, tell someone.



Don't ever be a bully - let's stamp it out!

It's not your fault.

- Look a bully in the eye and tell them to stop
- Get away from the situation
- Tell an adult you trust
- Keep speaking out until someone listens

Who cares?

We do...

- Social Worker
- Foster Carer
- Support Worker
- LAC Nurse
- Teachers
- Friends
- Children in Care Council
- Children's Rights Officer



Ask your social worker if you need contact details for any of these people.

Useful websites:

- www.beyondbullying.com
- www.cybermentors.org.uk
- www.childline.org.uk

With thanks to the young people
who helped to create this leaflet:

Abbey, Ashleigh, Belinda, Brian, Bryony,
Dylan, Priya and Sarah.

Contact me if bullying is
worrying you



Name

Telephone

Email



Leicestershire Partnership **NHS**
NHS Trust