

0800 169 6928



**BullyBusters is a
Merseyside based
free-phone
confidential help line
and anti-bullying
initiative**



**For further information
regarding BullyBusters or
the services we can offer
please contact:**

**Project officers
0151 330 2012**

check out our web site

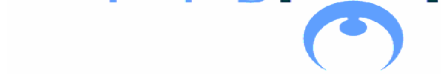
www.bullybusters.org.uk

**All services are currently
free of charge**



don't suffer in silence

**BullyBusters is managed
by**



Local Solutions

Funded by:

- Liverpool, Sefton, & Knowsley Local Authorities

And supported by:

- The Liverpool Echo
- The Merseyside Anti-Bullying Forum
- Merseyside TUC



Children, Schools and Families



Knowsley Council





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- BullyBusters is a free-phone confidential helpline for anyone who is affected by bullying or are bullying others.
 - The friendly, professional team offer practical advice and support you every step of the way
 - BullyBusters offers workshops and interactive presentations to Schools and Organisations working with children
 - BullyBusters also has a website packed with useful information

What is Bullying?

- Bullying can be emotional, physical, verbal, technological or indirect.
- The behaviour is deliberate and targets a group or individual
- Almost everyone at some stage in their life will be bullied
- Though some incidents alone can seem insignificant, it is the on going harassment and intimidation of an individual that causes harm and stress



Examples of types of bullying

- Name Calling
- Stealing and Taking Things
- Spreading Rumours
- Isolation
- Creating Stories
- Threats and Intimidation
- Kicking, Hitting, Scratching, Biting etc.
- Damaging your Belongings
- Peer Pressure
- Technological Bullying (Internet, Abusive Calls 'Happy Slapping' etc.)

The affects of bullying

- Pain
- Distress
- Mental Health issues
- Low Self Esteem, Depression and Stress
- Behavioural Difficulties
- Permanent Disability
- Isolation
- Difficulty in Forming and Maintaining Friendships
- May go on to Bully Others
- Suicide or Death



Signs to look out for in children and young people

- Have unexplained bruises or cuts
- Keep having their belongings go missing
- Refuse to say what is wrong
- Have no motivation
- Say they are ill all the time
- Have few or no friends
- Have their property torn or damaged
- Have no money or makes requests for money often
- Self Harm
- Attempts Suicide

If it is happening to you

- Tell someone you trust
- Remove yourself from the situation as soon as you can
- Ask a friend to come with you when you talk to an adult
- Keep a diary of incidents
- Use youth projects or peer led support in school
- Report using the 4 Ws - Who, What, Where and When. Hand this information to a teacher or someone who can help
- Call BullyBusters for advice on

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