Advice for Children & Young People

**If you are being bullied it’s important that you tell someone you trust.**

This is what the Anti-Bullying Alliance say about bullying:-

* It doesn’t matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk – it is not your fault if you get bullied.  We are all different in some way and that’s what makes us amazing.
* Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it’s okay to be upset about it.  The important thing is that you tell someone about it.
* If you feel you can, talk to a teacher you trust or a family member.  If you don’t want to do that you can always call Childline 0800 11 11 or visit [www.childline.org.uk](http://www.childline.org.uk/).
* Write down what happened, when it happened, and who was involved.  If the bullying is online, keep the evidence – save or copy any photos, videos, texts, e-mails or posts.
* It can be tempting if you are being bullied to take revenge – for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back.  This is not a good idea – you might end up getting in trouble or get yourself even more hurt.
* Think about other ways you can respond to bullying. For example, practice saying **‘I don’t like it when you say that/do that – Stop.’** Think about other people who can help you if you are being bullied – this could be other classmates, or a teacher.
* Only spend time with people who make you feel good about yourself.  If someone constantly puts you down they are not a real friend/ boyfriend/ girlfriend and not worth your time.
* Be kind to yourself, and do things that make you feel good, relax and make new friends.  You might make music; write lyrics; draw cartoons; dance; act or join a sports club.  This is your life so make sure it’s the best life possible – don’t let anyone bring you down.
* Remember to respect other people! Just because someone is different to you and your friends – that doesn’t mean you are better than them or have a right to make them feel bad.  If you mess up, say sorry.  You don’t have to be friends with everyone – but you should always make it clear that you don’t like it when people bully others, and stick up for people who are having a hard time.

Useful Websites

[www.childline.org.uk](https://www.childline.org.uk/)    Loads of information about relationships, bullying, you and your body and much more

[Bounce Back from Bullying](https://bounce-back-from-bullying.childline.org.uk/)   A Self-Help Tool from Childline

[www.kidscape.org.uk](https://www.kidscape.org.uk/advice/advice-for-young-people/)     Advice about bullying, cyberbullying and friendships

[www.forwardthinkingbirmingham.org.uk](https://forwardthinkingbirmingham.org.uk/)  Mental Health support for 0-25s

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk/advice/children-young-people/)  Advice & resources about all types of bullying

**Support for anyone with questions about sexuality:-**

[Forward Thinking Birmingham](https://forwardthinkingbirmingham.org.uk/content/sexuality)

[Childline](https://www.childline.org.uk/info-advice/your-feelings/sexual-identity/sexual-orientation/)

[Birmingham LGBT](http://blgbt.org/)

**Emerge**

**What:** Are you trans, gender variant or questioning your gender identity and aged 13-19? Then why not come along to Emerge?

**When:** Emerge meets two saturdays in a month, from 12.30pm to 3.30pm, in a central Birmingham location.

**Email:** emergeyouth@blgbt.org

**Phone:** 0121 643 0821