



ARC Counselling and Information Service

Factsheet

Bullying

Bullying is when one or more people abuse or intimidate others. It can occur in many ways such as physical or verbal attacks and threats during or outside school. It can also occur via mobile phones and texts or on social networking websites – in these cases it is known as ‘cyber bullying’. This includes taking videos of someone and spreading them around school. Bullying can also take the form of emotional abuse, for example ignoring someone or making apparently innocent comments that have greater meaning to the ‘target’.

It can be habitual, which means it happens on a regular basis. If bullying is done by a group, it is called mobbing. Sometimes bullying occurs due to differences in class, race, religion, gender, sexuality, appearance, behaviour or ability.

Whatever the reason, it is not acceptable and should not be tolerated. It can also happen in the workplace – sometimes called ‘harrasment’ – and there are laws against it happening.

As many as 70% of all young people have experienced some form of bullying and one million kids are bullied every week, inside and outside of school (Young Minds).

Anti-Bullying Campaign at ARC

ARC counsellors run groups in most of Wokingham’s secondary schools. Their aim is to raise the awareness of bullying and the devastating effects it can have on young people, which can include depression, cutting or even suicide.

All schools have anti-bullying policies, and worried parents and pupils can contact schools directly to see their policy or to report instances of bullying.

What can I do if I am being bullied?

If you are being bullied or you are unhappy about how other pupils treat you, tell a friend, tell a teacher or tell your parents. Alternatively, ask to see your school counsellor – if you don’t have a school counsellor, you can call ARC on 0118 977 6710 and ask to speak to one of our counsellors or you can email us at counsellor@arcweb.org.uk.

You don’t have to suffer alone or in silence.

What can I do if I am the bully?

If you are bullying someone else and want to stop, but don’t know how, please speak to someone about it. You can ask to see your onsite school counsellor and you can also arrange to speak to one of ARC’s counsellors by calling 0118 977 6710 or by emailing counsellor@arcweb.org.uk.

It’s never too late to change.

Where can I find out more about bullying?

Other sources of information and advice for bullying include:

- Young Minds: http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/bullying
- Wokingham Council: <http://www.wokingham.gov.uk/family/lscb/bullying/>
- Red Balloon: <http://www.redballoonlearner.co.uk/>
- Bullying UK: <http://www.bullying.co.uk/>
- The Anti Bullying Network: <http://www.antibullying.net/>
- Family Lives: <http://familylives.org.uk/>
- Coram Children's Legal Centre: <http://www.childrenslegalcentre.com/>