Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can be face-to-face or online.
If you or somebody you know is being bullied, please email onecommunity@jths.co.uk to report it.

IF YOU'RE BEING BULLIED ONLINE

1. Don't retaliate (that's often what they want)
2. Save the evidence (screenshot, save messages)
3. Tell someone what's happening
4. Report, block, mute, get rid!
5. Remember the problem is with them not you!

IF YOU'RE BEING BULLIED

1. Tell Some you trust
2. Keep a record of what's happening
3. Don't retaliate
4. Surround yourself with people that make you feel good
5. Don't blame yourself- it is not your fault
6. Be proud of who you are

IF SOMEONE TELLS YOU THEY'RE BEING BULLIED

1. Listen
2. Praise them for speaking out!
3. Calmly work with them to resolve the problem
4. If needed get help from a trusted person