

Bullying Safeguarding Fact Sheet

Bullying

The Skills Network operates a zero-tolerance approach to bullying.

This sheet is designed to provide you with information relating to different types of bullying, and where to get support if you are worried that you or someone you know is being bullied.

What is bullying?

Gov.uk defines bullying as “behaviour that is:

- Repeated
- Intended to hurt someone, either physically or emotionally
- Often aimed at certain groups – e.g. because of race, religion, gender, or sexual orientation.”

Bullying is often split into certain categories:

- Physical bullying: This is bullying which involves physical aggression towards another person – e.g. hitting or kicking. Damaging someone’s property is also a form of physical bullying.
- Verbal bullying: This is bullying which could involve name-calling, teasing, racist, sexist or homophobic jokes, sexually aggressive or abusive language, threats, or offensive remarks.
- Indirect bullying: This type of bullying involves spreading rumours or lies about someone or leaving someone out.
- Cyber bullying: This is bullying someone through text, pictures/videos, phone, email, and/or chatrooms.

Bullying and the law

Whilst bullying itself is not illegal, there are many illegal actions that constitute bullying. These include:

- Violence or assault
- Theft
- Repeated harassment or intimidation – e.g. name-calling, threats and abusive phone calls, emails, or text messages
- Hate crimes.

The effects of bullying

For the bully/bullies, it may just seem like a bit of fun or that the consequences of bullying on the victim are not that severe. However, bullying can make people’s lives an absolute misery. People who are bullied as children are more likely to experience:

- Depression or anxiety
- Health complaints
- Decreased academic performance.

If you, or someone you know, is experiencing bullying, please contact The Skills Network’s Designated Safeguarding Lead, Paul Wakeling (Director of Curriculum and Quality), via email at: safeguarding@theskillsnetwork.com or on **01757 600706**.

