

A guide on bullying for young people

If you are being bullied, you may feel scared, vulnerable and quite alone, but you owe it to yourself to try and sort out the situation so that the bullying stops.

What is bullying?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim.

Bullying can be:

- Emotional: being unfriendly, excluding (emotionally and physically) sending hurtful text messages, tormenting (e.g. hiding football boots/shin guards, threatening gestures)
- Physical: pushing, kicking, hitting, punching or any use of violence
- Sexual: unwanted physical contact or sexually abusive comments
- Discrimination: racial taunts, graffiti, gestures, homophobic comments, jokes about disabled people, sexist comments, etc.
- Verbal: name-calling, sarcasm, spreading rumours, teasing
- Cyberbullying: This is when a person uses technology i.e. mobile phones or the internet (social networking sites, chat rooms, instant messenger, tweets), to deliberately upset someone. Bullies often feel anonymous and 'distanced' from the incident when it takes place online and 'bystanders' can easily become bullies themselves by forwarding the information on. There is a growing trend for bullying to occur online or via texts – bullies no longer rely on being physically near to the young person.

Why is it important to respond to bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Individuals who are bullying need to learn different ways of behaving.

EMD UK and its affiliate organisations have a responsibility to respond promptly and effectively to issues of bullying. EMD UK are committed to preventing bullying in your group exercise class but if you feel you or someone you know is being bullied you should:

- Tell your class instructor, welfare officer, or another adult you trust
- Tell your parents/guardians
- Call Childline on 0800 11 11

Online Guidance for U18s

Mobile technology is a key part of everyday life including how and where you can find information about group exercise and is a great way to get and share information. We want you to use social networks, the internet, texts and email safely to get the information you need about group exercise.

We have produced the guidance below to keep us all safe and to ensure that we respect each other:

- Tell an adult you trust about any communications that make you feel uncomfortable or that asks you not to tell your parent/carer
- Know who from your club or group should be contacting you and how they should be contacting you
- You can talk to your local welfare officer if you are unhappy about anything sent to you or said about you over the internet, social networking sites, text messages or via email
- Don't post, host, text or email things that are hurtful, insulting, offensive, abusive, threatening, or racist as this would go against EMD UK's rules and could also be against the law
- Don't give out personal details including mobile numbers, email addresses or social networking account access to people you don't know well offline
- Facebook has different 'set up' guidelines for U18s to help to keep you safe – use them
- Even if you get on with your teacher or instructor, don't invite them to become your friends online, they have been asked not to accept such invitations
- Tell an adult you trust if an adult involved at your group or class asks you to become their friend online and inform your regional welfare officer
- If you receive an image or message which you find offensive, threatening or upsetting tell an adult you trust. Make sure you copy and save the image/message elsewhere or print it off before you remove and destroy it because this may be needed as evidence

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