

Flash Card One

Bullying only
happens in
schools

This is not the
case at all, bullying
can happen to
anyone at any
place. It may be
out of school, at
university or even
college. It can
happen when you
are out with mates
or on the way to or
from school.

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Flash Card Two

If you report
the bullying to
a teacher then
you are a
'snitch'

It can be difficult for
someone to get help
for bullying and
confiding in someone
can be hard too. It
can be worrying for a
young person to
report the bullying in
case there are
reprisals, however
without help or
support, it make
make it harder to
stop the bullying.

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Flash Card Three

It's ok to hit
someone who
is bullying you,
it will stop it

It's
understandable
that you may be
angry but if you
were to get
violent or
aggressive it may
make matters
much worse as
you may get into
trouble too or get
seriously hurt.

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Flash Card Four

It is not
bullying ... it is
banter, can't
you take a
laugh?

It can be confusing for
someone to try and work
out whether the name
calling is banter or
bullying. A young person
going through something
like this might feel
intimidated or feel under
pressure not to make a
fuss because others are
saying it is just a joke. If it
is a one off incident then
it may be that it is banter.
However, if the name
calling becomes
persistent and regular,
then this is bullying.

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Flash Card Five

Is there such
thing as an
innocent
bystander?

You see a group of
people watching
someone being bullied
by another individual,
what do you do? Do
you continue to watch?
Try and get it to stop or
seek some help for the
person? There is no
such thing as an
innocent bystander in
bullying, if you choose
to take no action, then
you are partly involved
in the bullying.

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Flash Card Six

Online bullying
is just banter,
having a laugh
and totally
harmless

People being bullied online is
a very serious issue, the
bullying can go viral very
quickly and make the
problem escalate fast. Many
young people who have been
bullied online do not feel it is
banter or harmless and it has
damaged their life and often
leaves scars that don't go
away. If you are being
cyberbullied, it is important
to take a screenshot of any
conversations, messages or
posts that you feel are
bullying so that you have a
record.

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Flash Card Seven

Cyberbullying
doesn't involve
physical harm
so what's the
harm?

Actually, some people
have committed suicide
as a result of not seeing
any way out of the non-
stop harassment,
threats and abuses. The
emotional scarring
stays for a lot longer
and sometimes a
person will never get
over this and it affects
every area of their life
in the present and the
future.

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Flash Card Nine

It is not bullying
if someone
deletes the
comment or
post

Regardless of hitting
delete, once something is
posted online is gets its
own unique URL (the
https://) which means
that it can stay online
even if you hit delete.
Nothing is secret in
cyber space and
something you write
now might damage your
job prospects in future
because many employers
search people online
before recruitment.

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Flash Card Nine

Cyberbullying
can only affect
someone if
they are online
and have an
account
too

This is not true,
pages and fake
accounts are
created regularly
without a person's
permission or
knowledge. This sort
of cyberbullying is
on the increase and
just as serious as
any other form of
bullying.

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Flash Card Ten

What can you
do to get online
bullying to
stop?

Confide in someone you
trust so you can get help to
get it stopped. Take
screenshots and save any
messages, pictures or posts
with dates and times. Block
and report the bullies so
they cannot contact you.
Don't respond or retaliate
as it could make matters
worse. Check your privacy
settings. Don't post
anything online that leaves
you vulnerable to online
bullying. Report it, even if it
is not happening to you.

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Flash Card Eleven

If bullying was
so bad, why
don't they have
a law about it?

Some forms of
bullying are illegal
and should be
reported to the
police including
violence or assault,
theft, repeated
harassment or
intimidation, e.g.
threats and abusive
phone calls, emails or
text messages and
hate crimes.

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Flash Card Twelve

It is easy to
spot the signs
of bullying

It is not always easy to spot the signs of bullying as it is not always physical and obvious. Emotional, verbal and online bullying can often leave scars that people don't see. It is important not to assume the person is ok as they may be putting up a front, inside a person may be feeling humiliated, low self-esteem, anxious and much more. They may also be harming themselves in physically too, like self-harm, eating disorders, etc.

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Flash Card Thirteen

Children grow
out of bullying

Quite often children
who bully may grow
up to be adults who
bully or use negative
behaviour to get what
they want, unless
there has been
intervention and their
behaviour challenged
by the relevant
authorities, whether
it be school or
parents, etc.

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Flash Card Thirteen

Bullies are born
this way, it's in
their genes

Bullies often adopt
this behaviour from
their environment
or sometimes, it's a
reaction from them
being bullied by
others. Whatever
the case, it is not
right and bullies
and bullying should
be stopped.

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