Llywodraeth Cymru
Welsh Government

Challenging bullying and harassment:

Rights, respect, equality



School should be safe

School should be a place where you feel safe, happy and respected.
You should be able to learn, play, make friends and be yourself.

Bullying is never okay. If bullying happens to you, it is not your fault.
You can ask for help. Adults should listen to you and help keep you safe.

Your rights

- You have the right to be safe.
- You have the right to learn.
- You have the right to be treated fairly.
- You have the right to share your thoughts and feelings in a kind and respectful way.
- You have the right for adults to listen to you.
- You have the right to get help if something is wrong.



What bullying means

Bullying is when someone hurts, upsets, embarrasses or frightens another person on purpose.
It may happen more than once, or someone may be worried that it will happen again.
It can make someone feel sad, scared, lonely, worried or unwell. It can also make them feel like they have no way to stop it.

Sometimes people argue or fall out. That can be upsetting. If something has upset you, you can tell an adult you trust.

Bullying can happen in different ways

Bullying can happen face to face, in school, on the way to school, outside school or online.



Words

This can include name-calling, teasing, threats, saying unkind things to hurt someone, or saying things that embarrass someone on purpose.



Hurting someone's body or things

This can include hitting, kicking, pushing, tripping, taking things or damaging someone's belongings.



Leaving someone out

This can include spreading rumours, telling lies about someone, leaving someone out on purpose, ignoring them or trying to make them feel alone.



Online

This can include sending hurtful messages, sharing pictures without permission, leaving someone out of online groups or pretending to be someone else online.



Bullying because of who someone is

Sometimes bullying happens because of who someone is, what they look like, where they or their family are from, what they believe, what language they speak, or because they need extra help.

This is not fair. Everyone is different, and everyone should be treated with respect.

Bullying someone because of who they are is never okay.

What your school should do

Your school should help everyone understand how to be kind, safe and respectful. Your school should take bullying seriously and help make it stop. Your school should have rules about bullying and should explain what happens if bullying is reported.

Adults in school should listen to you, take you seriously and help keep you safe.

What you can do

- Tell an adult you trust.
- If it happens online, show an adult what has happened.
- Ask for help if you feel worried, scared or upset.
- If you still need help after telling an adult, you can tell another adult you trust.

If you see bullying happen

If you see bullying, tell an adult you trust. If an adult is making you or someone else feel unsafe, worried or upset, tell another adult you trust. If it is safe, you can be kind to the person being bullied and help them feel included.

Getting help

If bullying is making you feel upset, there are people who can help. You can talk to an adult you trust. Some children and young people can get counselling or other wellbeing support through school or their local area. Your council website may also tell you about other help in your area.

Remember

- Bullying is not your fault.
- You have the right to feel safe.
- You can ask for help.
- Adults should listen to you.
- You don't have to cope on your own.



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