

WHAT IS BULLYING?

Persistent behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally. Isolated incidents of hurtful behaviour, teasing or arguments between individuals would not be seen as bullying.

Bullying generally takes on one of three forms: **Physical, Verbal, Indirect.**

Although not an exhaustive list, types of bullying behaviours include:

Physical: hitting, kicking, punching, stealing or hiding belongings, pulling hair, sexual assault

Verbal: name-calling, teasing, taunts, threatening language, nasty comments, offensive and/or sexual remarks

Indirect: cyber-bullying, dirty looks, excluding from groups, graffiti, malicious gossip, starting or spreading rumours, intimidation

Many people describe bullying as 'the most awful thing that has ever happened to them'

“ I FELT SICK ALL THE TIME AND DIDN'T WANT TO GO TO SCHOOL ”
Girl, 11

“ WHY ME? ”
Boy, 11

“ I COULDN'T TELL ANYONE - I JUST WANTED IT TO STOP ”
Girl, 17

No-one should ever feel ashamed about being bullied. It is important to remember it **IS NOT** your fault and you don't have to suffer from it.

Bullying is very difficult to deal with by yourself. Bullies can make people feel alone and frightened, and it can be difficult to feel confident enough to make it stop. You may even feel telling someone will make the situation worse. As bullying thrives on secrecy and silence, this is exactly what a bully wants you to believe.

Talk to someone about what is happening to you. Do you have a family member, or friend you trust? Can you talk to a teacher or youth worker?

If you find it difficult to speak to someone about the bullying, try writing it down. You can download a copy of a 'bullying diary' from our website, fill it in and show it to someone you trust.

www.bulliesout.com

Unit 16, Sbectwm, Bwlch Road, Fairwater, Cardiff CF5 3EF
email: mail@bulliesout.com

Bullying can happen anywhere: at school, in the community and even in the home. Bullying **IS NOT** part of growing up and can have a negative affect on the physical and emotional well-being of all involved.

Bullying behaviour creates an atmosphere of fear and many people are to afraid to do anything if they see someone being bullied.

“ I SAW HIM BEING PICKED ON ALL THE TIME BUT I WAS TOO SCARED TO HELP IN CASE THEY PICKED ON ME TOO ”
Boy, 13

Bystanders play an important role in helping to stop bullying. If you see bullying happening, don't participate. Please speak up and tell someone. Help put a stop to the problem so it does not grow into something bigger.

“ HE MOST IMPORTANT FACTOR IN STOPPING BULLYING IS THE SOCIAL PRESSURE OF THE PEER GROUP RATHER THAN THE CONDEMNATION OF INDIVIDUAL BULLIES BY SOMEONE IN AUTHORITY ” Herbert, 1989

DON'T BE PART OF THE PROBLEM, BE PART OF THE SOLUTION! TELL SOMEONE!

It's never too late to change - there's a better person inside everyone. Be someone that you can be proud of by being a good citizen. Be a good friend and help build someone up rather than try to pull them down.

ARE YOU BULLYING SOMEONE?

Anyone can be a bully, but the important thing to remember is 'we all have a choice' If you make the decision to call someone names, hurt them physically, take their friends away or direct any other type of bullying behaviour towards them, it may feel funny and make you feel 'big' amongst your friends, but the consequences of those actions are far deeper than you could imagine.

Bullying is a negative behaviour that can have a detrimental affect on a person's physical and emotional well-being.

The quote 'treat each other as we would wish them to treat us' is an important one to remember. It is far better to think of ways to help each other and to use kind and thoughtful actions and words.

Often when we are in pain ourselves, we can end up hurting others. If you are in this situation, talk to someone about how you are feeling. If you would find it easier talking to someone online, come and chat to one of our Online Mentors.

It is not easy to speak about bullying and our recent research showed that many young people would use an online forum.

BulliesOut Online Mentors are available from 5pm-8pm daily.
Visit our website

www.bulliesout.com
No problem is too big or too small. The forum is open daily and we have mentors of all ages.

Our Mentors will support you as much as they can, but it's important to remember that for the bullying to be stopped, it is vital you speak to someone you can trust offline.

Bullies Out

Working with the Bullied, Bullies and Bystanders



INFORMATION GUIDE ON BULLYING

IN OUR WORLD, THERE IS NO BULLYING ALLOWED!



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The Community Foundation in Wales
Y Ffynnon Cymunedol Yng Nghymru

BETH YW BWLIO?

Ymddygiad parhaus gan unigolyn neu grŵp, fel arfer wedi'i ailadrodd dros gyfnod, sydd yn brifo unigolyn neu grŵp arall naill ai yn gorfforol neu'n emosiynol yn fwriadol. Ni fyddai ambell ddigwyddiadau ymddygiad niweidiol, pryfocio neu ddadleuon rhwng unigolion yn cael eu hystyried fel bwlio.

Fel arfer, mae bwlio yn un o dair ffurf: **Corfforol, Llafar, Anuniongyrchol.**

Er nad yw'n rhestr gynhwysfawr mae mathau o ymddygiad bwlio yn cynnwys:

Corfforol: bwrw, cicio, pwnio, dwyn neu guddio eiddo, tynnu gwallt, ymosodiad rhywiol

Llafar: galw enwau, pryfocio, gwawdio, iaith fygythiol, sylwadau creulon, sylwadau sarhaus ac/neu rhywiol

Anuniongyrchol: bwlio syber, edrych yn gas ar rywun, allgau rhag grwpiau, graffiti, hel straeon cas, dechrau neu

Mae nifer o bobl yn disgrifio bwlio fel 'y peth gwaethaf sydd wedi digwydd iddynt erioed'.

“TEIMLAIS I'N SÂL DRWY'R AMSER A DOEDDWN I DDIM AM FYND I'R YSGOL” Merch, 11

“PAM FI?” Bachgen, 11

“DOEDDWN I DDIM YN GALLU DWEUD WRTH NEB - ROEDDWN I AM IDDO STOPIO” Girl, 17

Ni ddylai neb byth teimlo cywilydd am ei fod yn cael ei fwlio. Mae'n bwysig gofio **NID** chi sydd ar fai ac nid oes yn rhaid i chi ei ddiodef.

Mae ymdrin â bwlio yn beth anodd ei wneud ar eich pen eich hun. Gall bwlis wneud i bobl deimlo fel eu bod nhw ar eu pen eu hunain ac ofnus a gall fod yn anodd teimlo'n ddigon hyderus i'w ddod i ben. Efallai eich bod yn teimlo y bydd dweud wrth rywun yn gwneud y sefyllfa yn waeth. Am fod bwlio yn ffynnu ar gyfrinachedd a chadw'n ddistaw, dyma yn union beth mae'r bwlio am i chi ei gredu. Siaradwch â rhywun am beth sydd yn digwydd i chi. Oes gennych chi aelod teulu neu ffrind gellwch chi ymddiried ynddo? Ellwch chi siarad ag athro neu weithiwr ieuencid?

Os ydych chi'n ei chael hi'n anodd siarad â rhywun am y bwlio beth am ei ysgrifennu i lawr? Gellwch chi lawrlwytho copi o 'dyddiadur bwlio' oddi ar ein gwefan, ysgrifennwch ynddo a'i ddangos i rywun rydych chi'n ymddiried ynddo.

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Uned 16, Sbectwm, Heol Bwlch, Y Tyllgoed, Caerdydd CF5 3EF
e-bost: mail@bulliesout.com

Gall bwlio ddigwydd yn unman: yn yr ysgol, yn y gymuned, hyd yn oed yn y cartref. **NID** yw bwlio yn rhan o dyfu lan a gall gael effaith negyddol ar les corfforol ac emosiynol pawb sydd yn rhan ohono.

Mae ymddygiad bwlio yn creu awyrgylch o ofn ac mae nifer o bobl yn ofni gweithredu os ydynt yn gweld rhywun yn cael ei fwlio.

“GWELAIS I BOBL YN PIGO ARNO FE DRWY'R AMSER OND ROEDD GORMOD O OFN ARNA I HELPŪ RHAG OFN IDDYNT BIGO ARNA I HEFYD” Bachgen, 13

Mae gan wylwyr rôl bwysig o ran helpu i stopio bwlio. Os ydych chi'n gweld bwlio yn digwydd, peidiwch â chymryd rhan ynddo. Dywedwch wrth rywun. Helpwch i stopio'r broblem fel nad yw'n tyfu'n rhywbeth mwy.

“THE MOST IMPORTANT FACTOR IN STOPPING BULLYING IS THE SOCIAL PRESSURE OF THE PEER GROUP RATHER THAN THE CONDEMNATION OF INDIVIDUAL BULLIES BY SOMEONE IN AUTHORITY” Herbert, 1989

PEIDIWCH Â BOD YN RHAN O'R BROBLEM, BYDDWCH YN RHAN O'R ATEB! DYWEDWCH WRTH RYWUN!

Nid yw byth yn rhy hwyr i newid - mae person gwell y tu fewn i bawb. Byddwch yn rhywun y gellwch chi fod yn falch ohono trwy fod yn ddinesydd da. Byddwch yn ffrind da a helpu i adeiladu rhywun yn hytrach na cheisio ei ddinistrio.

YDYCH CHI'N BWLIO RHYWUN?

Gall unrhyw un fod yn fwli ond y peth pwysig i'w gofio yw bod 'gan bawb ddewis'. Os ydych chi'n gwneud y penderfyniad i alw enwau ar rywun, ei frifo yn gorfforol, mynd a'i ffrindiau rhagddo neu'n anelu unrhyw fath arall o ymddygiad bwlio ato, efallai ei bod yn teimlo'n beth doniol a gwneud i chi deimlo'n 'fawr' ymhlith eich ffrindiau ond mae canlyniadau'r gweithredoedd hynny yn llawer dyfnach nag y gellwch chi eu dychmygu.

Mae bwlio yn ymddygiad negyddol a all gael effaith niweidiol ar les corfforol ac emosiynol person.

Mae'r dyfyniad 'trin pobl eraill fel yr hoffem iddynt ein trin ni' yn un pwysig i'w gofio. Mae'n llawer gwell meddwl am ffyrdd i helpu ein gilydd a defnyddio gweithredoedd a geiriau caredig.

Yn aml, pan ein bod mewn poen ein hunain, gallwn frifo pobl eraill. Os ydych chi yn y sefyllfa hon, siaradwch â rhywun am y ffordd rydych chi'n teimlo. Os byddai'n haws i chi siarad â rhywun ar-lein, dewch i sgwrsio ag un o'n Mentoriaid Ar-lein.

Nid yw'n hawdd trafod bwlio a dangosodd ein gwaith ymchwil diweddar y byddai nifer o bobl ifainc yn defnyddio fforwm ar-lein.

Mae Mentoriaid Ar-lein BulliesOut ar gael 5.00yp - 8.00yh bob dydd. Ewch i:

www.bulliesout.com

Nid oes problem rhy fawr na rhy fach. Mae'r fforwm ar agor bob dydd ac mae gennym fentoriaid o bob oedran.

Bydd ein Mentoriaid yn eich helpu cymaint ag y gallant ond mae'n bwysig cofio, er mwyn stopio'r bwlio mae'n hanfodol eich bod yn siarad â rhywun y gellwch chi ymddiried ynddo.

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GWYBODAETH AR FWLIO

YN EIN BYD NI, NI CHANIATEIR BWLIO!



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