




# Anti Bullying Week

SMC 2018

<http://ie.reachout.com/inform-yourself/bullying-and-personal-safety>



# What is Bullying?



H



A



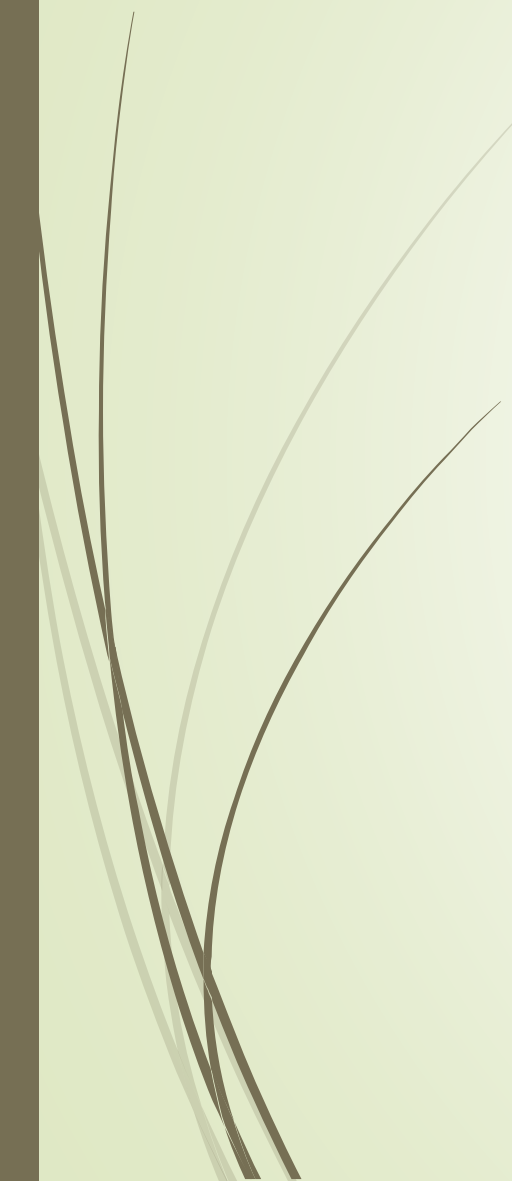
R



D

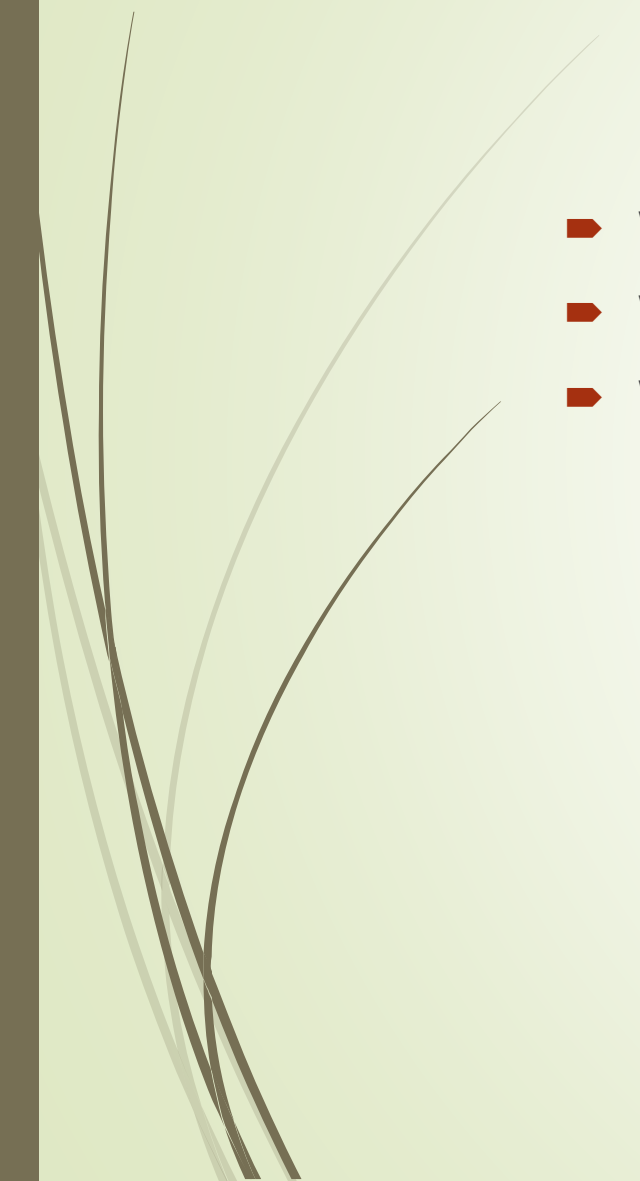


# H.A.R.D.

- H = Hurtful
  - A = Aggressive
  - R = Repeated
  - D = Deliberate
- 



# Are you a bystander?

- ▶ What it is?
  - ▶ What can you do?
  - ▶ Will you ' be the change you want to see in the world?'
- 



# Dealing with Bullying



- ▶ When you're dealing with bullying it can feel like there's nothing you can do about it. You can convince yourself that trying to stop it might make things worse.
- ▶ If it's happening in school, telling a teacher maybe the last thing you want to do. Will your parents freak out and make a big fuss about it?
- ▶ If it's happening in work, will anyone even believe you?
- ▶ Everyone has the right to live, work, study and play in an environment free from bullying, harassment, discrimination and violence.
- ▶ No one deserves or asks to be bullied and you certainly shouldn't go through it on your own. Don't forget that. There are things you can do about it.



# Who and How to tell

## ➤ **How to make the decision**

- Deciding who to talk to can be difficult. The most important thing is that it's someone you trust and who you know will take you seriously.
- There are some good questions you can help you figure out the best person to talk to. Think of all the possible people you know and ask yourself:
- Can I trust them?
- Will they give me a hard time?
- Will they make me more upset?
- Will they tell other people?
- Will they be able to help or give the support I need?



# Talking helps

## ➤ Turning to friends

- It's easy to feel like you're totally alone when it comes to managing the stress that comes with life. Everyone at school may seem like they're handling everything just fine, while you feel like you're struggling alone. The news is, you're not alone!
- A lot of people have tough times and struggle every now and again. Just like you, a lot of people at school probably are too. Like you, they may be hiding it as well. Turning to a close friend about what you're going through can help make you feel better.
- You never know, they may even be going through the same thing. Check out [talking to a friend](#) for more information.



# In St Munchin's College

- You can talk to the following do you know their names & where they are?
- Teacher
- Tutor
- Year Head
- Counsellor
- Chaplain
- Deputy Principal
- Principal
- JUST TALK AND STOP THIS





# Understand what is going on & Getting Help

## ➤ ReachOut.com

- **What is ReachOut.com?**
- **ReachOut.com is an online youth mental health service: it helps young people through tough times and was, in fact, the first of its kind in the world.**
- Originally the Inspire Foundation, ReachOut.com was developed in Australia in 1996.
- Focussing on people aged 12 to 25 years-old, the Inspire Foundation understood the importance technology was beginning to play in people's lives.



# Getting help and Phone

- **Samaritans**

- Samaritans provide confidential and non-judgemental emotional support for people who are experiencing feelings of distress or despair, including feelings that could lead to suicide.
- Their services are always open, so there will always be someone to talk to.
- Phone: 116 123 (landline and mobile calls are free from Ireland)
- [Samaritans Ireland](#) also offer an email service, [jo@samaritans.org](mailto:jo@samaritans.org).



# Online Help and Support

- ▶ [Childline.ie](http://Childline.ie) – provides a range of support services online including a live chat service between 6 and 10pm daily.
- ▶ [Drugs.ie](http://Drugs.ie) – offers drug and alcohol information and support including a 'live helper' service that lets you chat to a staff member online.
- ▶ [Bodywhys](http://Bodywhys) – offers online support for eating disorder issues, including an online group counselling service.
- ▶ [Samaritans Ireland](http://SamaritansIreland) – provides emotional support for people in crisis and you can now email [jo@samaritans.org](mailto:jo@samaritans.org) or log on to [Samaritans Ireland](http://SamaritansIreland).
- ▶ [Aware](http://Aware) – provides a range of support for people experiencing depression, including online discussion forums, support groups and a private email support service.
- ▶ [helplink.ie](http://helplink.ie) – offers a range of services including confidential online or phone counselling and an online directory.