

Don't let anyone feel left out... Be a good friend!

LET'S STOP BULLYING



Around 20,000 people in the UK got help last year when they spoke out about bullying.

CYBER BULLYING

Cyber bullying is increasingly common both inside and outside school. **Cyber bullying** is any form of bullying that involves the use of mobile phones or the internet. For example, sending **offensive text messages** and **emails**, circulating **degrading images** on the internet, or pretending to be somebody else on social networking sites such as **Facebook**.

IT'S NOT ALL PHYSICAL

Though physical bullying may be the more obvious, it is **psychological** abuse that can be most dangerous. This includes **name calling** and **exclusion** from activities. This can cause a lot of **depression**, **stress** and **anxiety** in young people.



WHY DO PEOPLE BULLY?

- TO PRETEND THEY ARE TOUGH
- TO HIDE FROM THEIR OWN FEARS
- THEY COPY OTHERS WHO BULLY
- THEY ARE UNHAPPY
- TRYING TO GET OTHERS TO LIKE THEM
- THEY DON'T LIKE WHO THEY ARE

HELP IS AVAILABLE!



STOP THE BULLY

STAND UP
SPEAK UP
UP STAND
UP SPEAK UP



- www.dfes.gov.uk/bullying
- www.antibullying.net
- www.bullying.co.uk
- www.beatbullying.org
- www.bullyfreezone.co.uk

The Anti-Bullying Network:
0131 651 6100
Childline: 0800 11 11
NSPCC: 0808 800 5000
Bullying UK: 0808 800 2222

OR VISIT CAPTAIN BULLY ONLINE AT:
WWW.LETSSTOPBULLYING.CO.UK

THIS POSTER WAS SPONSORED BY:

Viva 
Italian Restaurant



Enjoy a totally different dining experience at Viva, our open kitchen brings the restaurant to life and this friendly and lively atmosphere is ideal for parties, functions and business meetings. So call in and enjoy our entertainment and live events.

www.vivarestaurant.net

Call: 01629 593 505 Open 7 Days A Week From 6pm
27 Dale Road | Matlock | DE4 3LT

If you would like to advertise or nominate an organisation you feel may benefit from this poster, please contact EML on: 0870 460 4688 | www.educationalmedialtd.co.uk

THIS POSTER IS PRODUCED AND DISTRIBUTED BY EDUCATIONAL MEDIA LTD. PLEASE SUPPORT THE ADVERTISER AS WITHOUT THEIR SUPPORT, THIS POSTER COULD NOT HAVE BEEN PRODUCED