



# Bullying and Cyberbullying Teacher Support Sheet

## Core message

Building resilience is very important for all young people. Nobody has the right to bully anyone. Whether you're being bullied by your friends, family, other people at school or even strangers, it's never ok. There are ways to stop it. Start by talking to someone you trust as soon as possible.

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## Information

Bullying can be defined as intentional harmful behaviours carried out repeatedly over time, against an individual with less physical or psychological strength, who cannot defend themselves. There are broadly four types of bullying: physical, verbal, relational and cyber.

Cyberbullying can take the form of many behaviours including:

- harmful messages (text, instant, email)
- impersonating another person online
- sharing private messages
- uploading photographs or videos of another person that leads to shame and embarrassment
- creating hate websites/social media pages
- excluding people from online groups.

## How to deal with bullying at school

Tell students that if they are being bullied at school, they should tell a friend, a teacher, or their parents. It won't stop unless they do. It can be hard to do this, so if they don't feel they can do it in person it might be easier to write a note to their parents explaining how they feel. Or perhaps they could confide in someone outside the immediate family, like a grandparent, aunt, uncle or cousin and ask them to help tell their parents what is going on.

Their form tutor also needs to know what is going on, so they should try to find a time to tell him or her when it won't be noticeable. They could stay behind on the pretext of needing help with some work. If they don't feel they can do that, they could speak to the school nurse. They shouldn't be tempted to respond to any bullying or hit back because they could get hurt or get into trouble.

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## Signposting

Students are encouraged to speak to family, friends, a healthcare professional, school nurse or a member of staff in their school if they require support and/or guidance with the issues associated with bullying/cyberbullying. For further information please visit the [Every Mind Matters website](#) and [Childline](#).