

MIND

TALK

Bullying and
Cyberbullying



Hello!

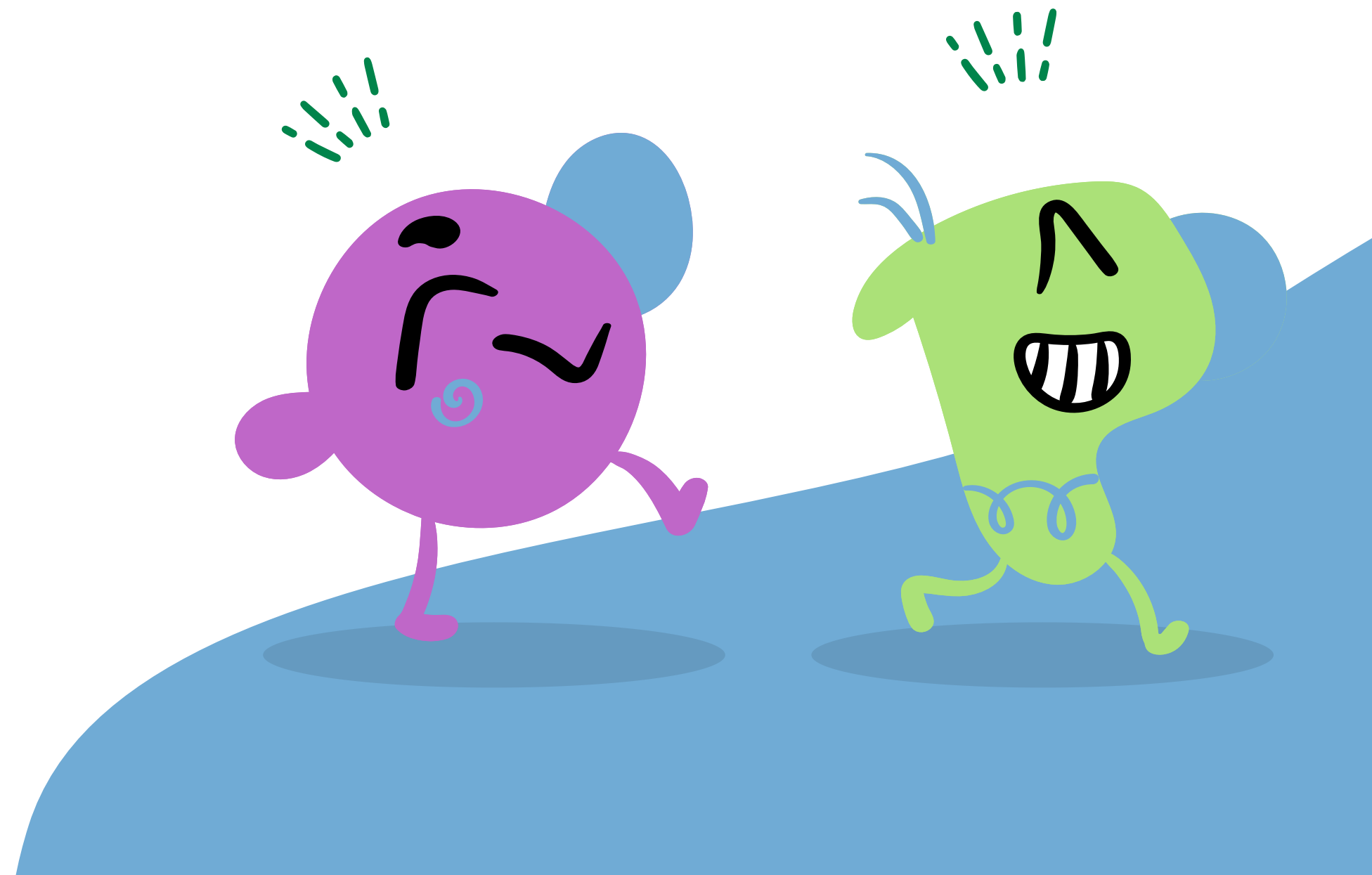
Hope everyone's doing great.



What is the mindtalk programme?

The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this blog post for more details on the delivery of these sessions.



Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.





Bullying and Cyberbullying

“You are not alone in this. There are so many people going through the same thing. Just know that you are stronger than any voice that brings you down”



Click the pic to watch a useful vid



Big Question

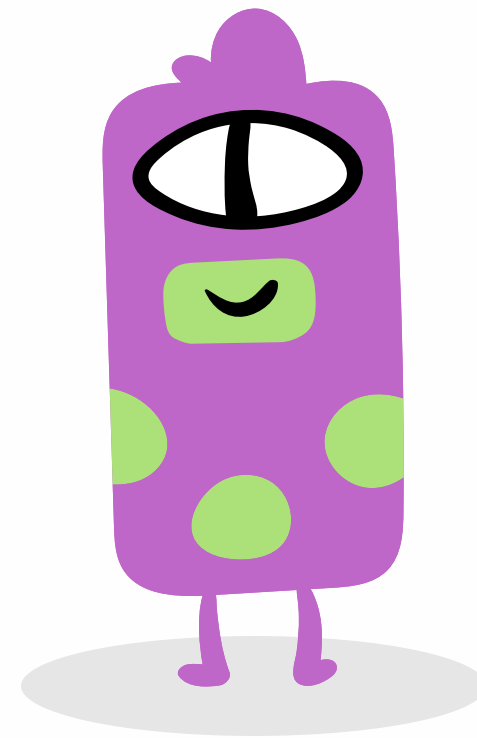
How can
BULLYING/CYBERBULLYING
impact on mental health?



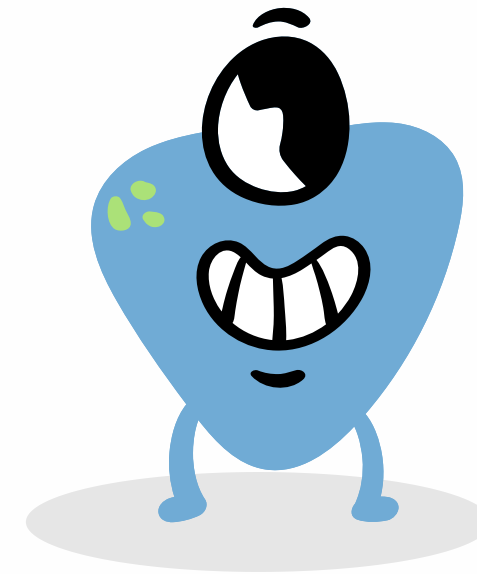
Talking points



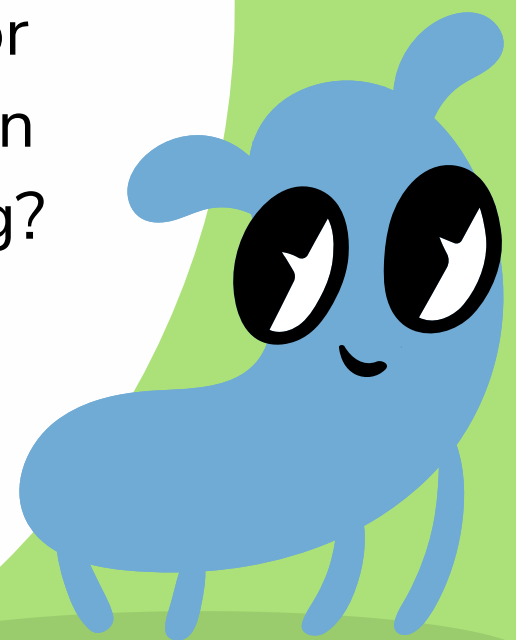
How does cyberbullying differ from other types of bullying?



Why can stopping bullying be so difficult?



Where can you go for support and advice on bullying/cyberbullying?





Think U Know protects children online and offline. It has useful sites for all age groups and signposts to great resources and where to go to report people.

Where do we go from here?

If somebody physically hurts you, or verbally abuses you, that's bullying.

Specific types of bullying include:

- Homophobic bullying based on your sexual orientation
- Transphobic bullying because you identify as trans
- Racist bullying because of your skin colour
- Religious bullying because of your beliefs or faith.
- Sizeist bullying referring to your body size
- Sexist bullying focusing on you being of the opposite sex
- Cyberbullying targeting you online, often anonymously
- Bullying because you are different

Bullying can be a one-off or it can go on for a long time. And bullying can happen to anyone.

REMEMBER

It's okay not to be okay
Help is always there
If you would like to speak to somebody in
confidence - call Childline on 0800 1111



In school support:

When you are in school, you can go to your form tutor/head of year if you need extra support, or even if you just need to talk.

