

## Anti-Bullying Stories

I was bullied pretty much from the moment I started school. In first and middle school it was the usual name-calling stuff, but when I went to secondary school, things went dramatically downhill. I was verbally and physically bullied every day. I had things stolen and was hit with sticks. On one occasion my persecutors kept stabbing me with drawing pins throughout a lesson. Teachers ignored it at first, some always did, but others tried to help me. They were put on alert to watch that I wasn't attacked. I moved classes and got used to writing statements whenever something happened. At the time it shattered my confidence. I used to be a loud and quite wilful child, but after starting school I became less trusting and more introverted. I finally realised that through surviving what I went through I had become stronger, and after school I began to build my confidence back up. Though even now, I find it difficult to trust people, and petty insults still sting.

There's this gang at school. They picked on me all the time. At first it was just name calling but then they started pushing me. They'd wait for me to come out of class and take my lunch money. I tried fighting back but it didn't work. They were bigger than me and I'd just get a kicking. They said if I told anyone they'd kill me. I didn't want to bother my Mum with this – she'd just get worried. I didn't know what to do. I started skiving. I'd just hang out in town to avoid them. They still found me and beat me up. I couldn't go back home 'cos Mum would see. I hated my life. I hated how I was treated. I didn't want to hide it anymore. I knew about Childline and called them on my mobile. I talked to one of my teachers and then the school helped sort out my problems. I'm enjoying school again now.

About a year ago now I couldn't even walk out of my house without being bullied. There was a group of girls at school who picked on anyone they didn't like and I was one of them. I couldn't even walk to school in the morning because the girls would be waiting. Every morning I would ask someone to drive me to school. I think my mum and dad were suspicious of the problem but didn't want to say anything. I felt really upset at the time all of the bullying was going on. Every time I walked out of my house I got slagged for being tall and not hanging around with the in crowd. The things the group of girls were saying to me were really hurtful and I was very upset all of the time. After about 6 months the bullying stopped because they got bored of me and decided to do it to someone else. When they stopped, I felt really relieved. One of the things I regret now is not telling someone what had happened. I am sure the bullying would have stopped a lot sooner.

I first started getting bullied at an early age of ten. The bullying began in primary school and carried on right through high school. I hated it. I used to get called names, threatened, beaten up and I did not understand why the bullying was happening and what I possibly could have done to be so hated. I dreaded going to school because I knew as soon as I walked through the gates another day of the abuse would start. As soon as I got into school I was scared and frightened. I felt I could not talk to anyone as it would make things worse. I kept everything inside, didn't want people to find out what was going on. Everyday the bullying got worse the name calling the threats the violence. I could not understand how anyone could treat another person in such a cruel way. I was manipulated by the bullies, I felt as if I could not break free and thought I never would. Eventually it became too much and I broke down I told my parents everything. I was scared they would ring the school and get teachers involve and make things worse but then a part of me did not care. How could things get any worse than they already were? The teachers found out and so did the bullies. They laid off me for a couple of weeks but then it happened again. I realised I had to fight back stand up for myself. I would ignore the bullies in hope that they would get bored and stop. It didn't work. I wanted to kick and scream at them but realised if I did I would be just as bad as they were. Eventually with help from my parents, teachers and my friends that helped me through I began to feel better and not so low. I began to see that I was being bullied not because I had done something wrong but because the bullies were bored with their own lives and needed to get a kick out of something but unfortunately their kick was me. As time went on things became easier and I just ignore things now and don't let bullies drag me down. My message to anyone who is getting bullied is to talk to someone it really does help! You need to remember that you have not done anything wrong and don't be dragged down by bullies they do not deserve the satisfaction.

“I started getting bullied when I was four and I still do; it does make me feel upset but the only thing I can do is ignore them - it really does bother them, and it makes me feel a lot better.”

“At my school, I am a member of a small group of kids that have been trained to listen and provide advice to those who are being bullied. We have helped many kids. The great thing about us is that we can tell our teacher (who is a teacher) and he can suspend the bullies.”

“I think people who bully are sad lonely and jealous of the people who they bully. Or maybe they come from a family which don't respect them and think they shouldn't respect other people neither.”

“I was bullied by this girl a year older than me because I told her to stop bullying my mate, so she stopped to her and turned to me. After school she came up to me and threw water over me and kicked me. I told my sister who was 3 years older than the bully and my sister had a go at her in front of her mates and made her cry. I know that was the wrong approach but she stopped and she now knows how it felt. Now if she is walking on the same side of the path as me, she moves. Make sure you tell someone when you're being bullied xxx”

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“Everyone says I am a "news geek". It is so upsetting for me as I love watching the news whether it be Newsround or normal adult news because I care for people affected by the happenings in the world. There is one boy who says I'm "a fat and sad geek" just because I am interested in the news. I have just one close friend who I absolutely adore for her support. Luckily things are getting better as I am having some support from the teachers as well.”

“I've been bullied quite a few times about my weight. I hated it, I've learnt to stick up for myself now and though I still get bullied every now and then, I know how to deal with it, and if I can't, I tell my parents. Trust me it does help.”

“I was bullied quite badly when I was in year 5, but no one knows why, not even me! At first it started off with just name calling but one day it got a bit more serious, I nearly had my shin broken and nearly had to go to hospital when the bully kicked me. The school did nothing about it!!! I hate bullies, I think more can be done to stop them aswell!”

“I was bullied in primary school but I don't have a clue why. I didn't get upset but I told my parents and learned to stick up for myself. If I see anyone bullying anyone I stick up for the person who is getting bullied 'cos I know what they're going through.”

“I don't get bullied but because everyone in my school into r'n'b & I'm a goth people don't tend to talk 2 me! It doesn't bother me that much although sometimes I feel a bit like everyone hates me!”

“I have never been physically bullied but I have lost all my self confidence due to being picked on by literally my whole class except a couple of good mates. I get teased because I do quite well at school and because I don't wear make-up or do much with my long Hermione-like hair.”

“I used to get bullied by people who didn't go to my school, it was very hard and it was making me really upset...it is hard and I was scared of telling someone. I never did tell anyone but I haven't seen them since they followed me on my paper round. I wish I had told someone - it probably would have helped”

“I was bullied by my mate because there was one bully at our school who was mates with my mate. So when my mate was alone she was really nice but when the bully was around she was really mean”

“My mate started picking on me. It really got me and all the teachers fed up . Things are not great now but better cos I told a teacher ”

“I have been bullied since year 2 and since then I have never been happy or had a good time at school. In primary school it wasn't as bad. Then I thought ok I can handle this until secondary school. Secondary school came and still I get bullied. I even skived school a couple of times to escape the bullies and my work has decreased standard dramatically. I dumbed down so that I would fit in with the bullies. I tried and failed. And the only reason is that I have been put up a year because I'm intelligent. But I'm goin into year 9 and I've sorted something out with my headmaster and it might get sorted out. I would like to make the bullies feel different and the bullies stop and the bullied come forward for help. ”

“I was bullied on the way home on my bus every day. I was punched kicked and they even smashed my watch. One day I was followed to my house and they kicked my front door over and over until my mum got home and she called the police and they where cautioned. Please show this E-Mail to show what happens when you let them get away with it!!! ”

“I was bullied for being the quiet one who refused to pick on other people so I was picked on by people who were supposed to be my friends! But I am proud that I refused to be like them even if it did knock back my confidence a lot. I have never forgiven them and I stopped hanging around them and avoid them when I can but thanks to my best friend Heather. She has made me realise that I am worth something. My school did nothing to help, it was all thanks to my friends and a big thank you has to go to Heather! ”

“I was bullied very badly at school, because of my weight and because I would be relatively smart. I hated going to school, and spent a lot of time on my own. I ended up having to tell a teacher at school when she saw it. The teachers were brilliant. They even got a councillor in to help with all the other children who have problems. I still though am very shy and pretty nervous going to school ”

“When you're being bullied you don't tell anyone because you're used to it and you already know that no one ever tries to help when you ask even if it is a teacher or your parents. And because it's been happening for so long you just keep on coping. When people say just ignore it you know that they don't know what it's like because it doesn't help it just makes things worse. Things need to be done, not said! ”

“I have been bullied for about 5 years now and it hasn't stopped. I have tried standing up to them but it made it worse, Teachers tried to sort it out but nothing ever worked, the main reason I got picked on in the first place was because of my name which isn't bad at all and also because of my hairstyle. I guess they just saw me as an easy target. I get looked at like I'm some sort of a freak by the "popular" people. I don't think it will change for me forever but for other people maybe it will. thanks. ”

## Poems

### *Bullies*

Bully me it will hurt  
I will get angry and upset  
When you carry on and on  
I will make me feel left out  
And feel that I am no baby  
So stop before it gets worse and worse  
When you are old you will regret this  
And it might happen when you are older  
Stop bullying now and you will never get hurt  
And your feelings will never be hurt  
and you will fit right in with the core.

### *My Poem*

It was my first day at school.  
The second I walked into my classroom people laughed and smirked at me.  
"You are ugly, you are ugly!"  
A gang of girls yelled.  
I felt like I was the odd one out.  
Then all I had left was my pride.  
After a few weeks they still laughed and smirked,  
But after 2 months I fitted in perfect!

### Explosion!

When I get bullied,  
I feel like a steam train,  
Heating up like a rhino,  
And someone in pain,  
Like the dark clouds about to rain,  
Like all the water going down the drain,  
You think I will turn to ice,  
But I will explode,  
You think you are pretty and nice,  
While I will mould.  
BANG!

