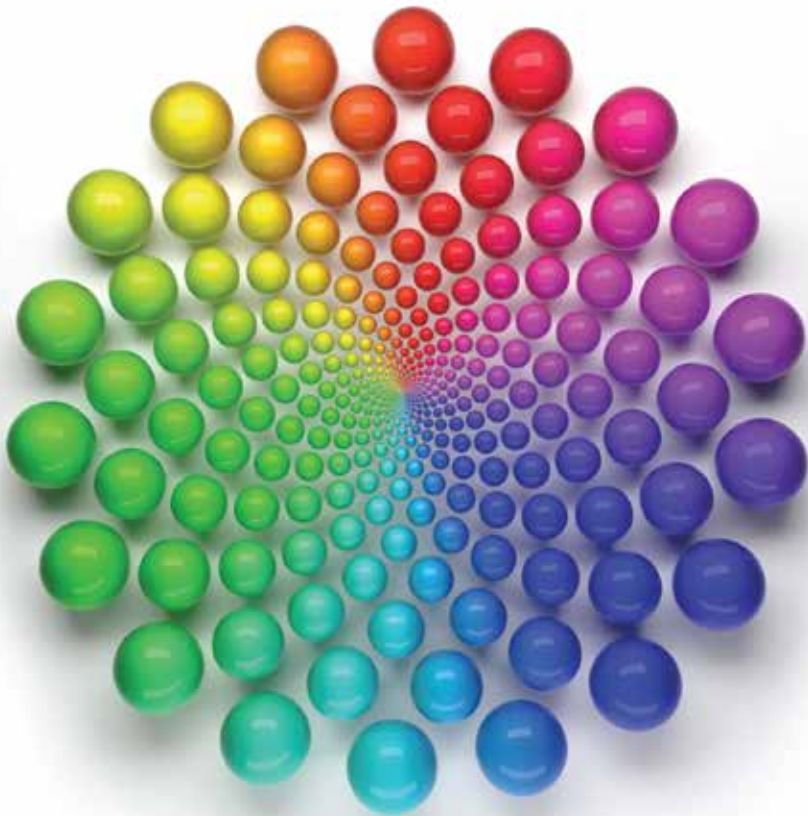




**Service Six**

Changing Lives • Creating Futures

# Self Help Journal



## Bullying



## Bullying is defined as...

when a person intentionally inflicts injury or discomfort upon another person, through physical contact, through words or in other ways.



## What is bullying?

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"

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## Bullying includes:



# What is cyber bullying?

# \_\_\_\_\_ u \_\_\_\_\_

Examples include:



## How to deal with bullying at school?

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## How to deal with cyberbullying?

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# THE DON'TS

Don't delete the upsetting emails or messages.

Keep the evidence. This will help to identify the bully if the bullying is anonymous. Even people who use a false name or email can be traced.

Don't reply. This is what the bully wants, and it might make things worse.

## How to avoid being cyberbullied?

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## Are you a bully?

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**"There is more  
pleasure in being kind  
than in being a bully!"**

@

## Why do people bully others?

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# What should you do if you see someone being bullied?

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\_\_\_\_\_  
\_\_\_\_\_

u \_\_\_\_\_  
@ \_\_\_\_\_  
\_\_\_\_\_ u \_\_\_\_\_

# \_\_\_\_\_ @ \_\_\_\_\_  
\_\_\_\_\_ = \_\_\_\_\_



# SKETCH PAGES



# IDENTITY-THE BULLY

They all try to look the same  
all try to give themselves a name  
pick on the boy who is all alone  
just because his identity is his own  
what has this world come to?  
all this wrong that people do  
just for the image they want to show  
down the evil path they seem to go

The next person you go to hurt  
or try to make feel like dirt  
instead of trying to look cool  
feel for the guy you make look a fool

A cool identity isn't a need  
let those you bully be freed  
Your identity should be your own  
A better person you will be known.

-Jon Evans



**Help!**  
**I am being**  
**bullied**

*Share It* 





# SKETCH PAGES





**I WILL NOT BE BULLIED**



**If someone says you are not good enough**

**KNOW YOU ARE!**









Handwriting practice lines consisting of 18 horizontal black lines.



# SKETCH PAGES





# Bullying Hurts

You make me shout and always cry  
Why won't you please just tell me why  
You always think you're really cool  
Don't you know, you're just a fool  
I know that you are jealous of me  
I wish that you'd just leave me be  
Never before have I felt such pain  
I wonder if it's your middle name  
You think I'm weak but really I'm strong  
The things you do are truly wrong  
Today I'm going to tell someone  
Then your evil plan will be undone

By Sarah McArdle, Hampshire

COURAGE

doesn't always ROAR.

Sometimes courage is that quiet voice at  
the end of the day saying  
"I WILL TRY AGAIN TOMORROW."





















# SKETCH PAGES



# SKETCH PAGES





**You Are  
NOT ALONE!**

**Don't hold it in,  
share it!**





# **Other Self Help Journals Available**

**Anger Management  
Emotional Abuse  
Domestic Abuse  
Physical Abuse  
Self Harm  
Self Image  
Sexuality  
Sexual Abuse  
Sexual Exploitation**

**Service Six  
15 Sassoon Mews  
Wellingborough  
Northamptonshire  
NN8 3LT  
T: 01933 277520  
W: [servicesix.co.uk](http://servicesix.co.uk)  
E: [referrals@servicesix.co.uk](mailto:referrals@servicesix.co.uk)  
Registered Charity Number: 1132490  
Registered Company Number: 06740611 (CLG)**