



SHOUT OUT!

YOU'RE NOT ALONE!

ABOUT YOUTH ACTION

Youth Action is an independent community organisation working with young people aged 8 to 24 years old in Blackburn and Darwen. Youth Action was established in 2003 and now has over 180 members – and this number is growing all the time!

our aims are:

- > To offer young people activities, which motivate, educate, makes productive use of time and improves the quality of life for young people in the community.
- > To offer activities which promote self help, empowerment and team work, which strengthens the quality of life for young people and the community as a whole.
- > To encourage and assist young people in the area to actively participate in group activities.
- > To enhance multi-cultural understanding and mutual respect
- > To promote the views and interests of young people to official agencies and bodies with a view to enabling positive change
- > To work with young people to equip them with the skills to be effective leaders in their communities and bring about positive community action

For further information about Youth Action please visit our website: www.youth-action.net

Bringing children and young people together to discuss issues on their own terms is a valuable part of the support provided by voluntary sector organisations in the Borough. Bullying, inside school or during activities outside school, is a key concern to children and young people and an issue that they have strong views and opinions about.

I welcome the Shout out project developed by Youth Action as part of the wider provision in our community that engages with children and young people in a constructive and positive way.

We are always keen to hear about this type of work and especially the views and experience of the children and young people of Blackburn with Darwen.

Peter Morgan
Director of Children's Services
Blackburn with Darwen Borough Council



INTRODUCTION TO BULLYING AND THE PROJECT

Bullying is a global term that describes a range of unacceptable behaviours ranging from name calling to aggressive physical assault.

Many people across a wide series of ages will become victims of bullying at least once during their life. It is most likely that a person would get his/ her first instance of bullying during the early stages of secondary school.

Bullying in schools is not a new phenomenon and has recently been acknowledged as an issue of concern for students, teachers, parents and the wider community.

Therefore it was essential that something be done to deal with this issue head on, by gathering children and young people who were in their early stages of secondary school, from a variety of different cultures and social backgrounds from Blackburn and Darwen.

The young people in this project were asked to reflect their views on bullying and how to tackle it. This is their guide on how to tackle bullying.

Please note this guide reflects the views of the participants of the project and are not necessarily the views of Youth Action.

DID YOU KNOW?

Between 15 and 25 children every year commit suicide because they are being bullied (there may be more we don't know about which go unrecorded).

More than a quarter of students get threats of violence whilst at school and half of these threats have been carried out.

Attacks on boys accounts for 75% of these incidents.

Around 10% of children have missed school because of violence linked to bullying.

Up to 40% of secondary school students feel that their teachers are unaware of the bullying which goes on.

About 17% of calls to ChildLine (which is a free helpline advice for children and young people) are about bullying.

For five years running it has been the most common reason people call.

IN OUR OWN WORDS...

Here's some of our poems about bullying:

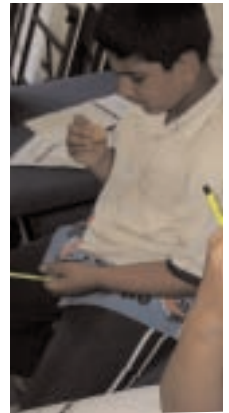


"You're out of my life,
Yet your still there,
You're in my head,
You're in my mind,
You were everything besides kind,
But the day has come,
Where I set myself free,
I'm standing on the world's biggest tree -
to tell the world what you've done to me!"

- Ume (Age 13)

"Gangsters only bully,
When they open their beer cans fully,
You should look at their crime each time
If they kick you - don't say flip you,
If they punch you - say thank you,
Don't take things further ahead,
'CUZ you will have a lot of things going through your head,
If you get bullied don't suffer in silence 'CUZ bullying is violent,
Bullying is bad - if you get hurt tell mum and dad"

- Mohib (Age 12)



"I have been bullied all the time
I have been kicked
I have been punched
But bullying is not always about fights
You can swear at me to make me cry"

- Siraj (Age 10)



WHAT EXACTLY IS BULLYING?

“Bullying is when someone keeps doing or saying things to have power over another person”

- Jaffar (age 12)

Bullying includes-

- > Pushing people around
- > Threatening people
- > Kicking/ punching people
- > calling them names
- > Beating them up
- > Being selfish
- > Hurting someone's feelings



WHO ARE THE BULLIES?

- > Gangsters
- > People with power
- > Popular people
- > Big and strong people
- > People with money
- > People who are jealous

HOW DOES BULLYING AFFECT A PERSON?

- > Feel sad
- > cry
- > Angry
- > Miserable
- > Nervous
- > Affect education
- > May run away from home
- > Start fighting
- > Be afraid of telling anyone
- > Disturb sleep
- > Stop talking to friends, family and teachers



WHAT TO DO IF YOU ARE BEING BULLIED?

- > Go to an anti-bullying groups at your School
- > Ring ChildLine on 0800 1111 for free advice
- > Tell your mates
- > Tell someone older than you
- > Never confront the bully by yourself
- > Tell your parents
- > Tell your teacher at School

HOW SHALL WE TACKLE BULLYING?

- > Teach parents about bullying and how to deal with it
- > Get the bullies some specialist advice and support
- > Show them that there is better things to do then bullying
- > Hold more youth groups, such as Youth Action, to stop bullies from operating on the streets

“People bully you just to have a laugh with their friends”

- Waqar (Age 12)

“Bullying, bullying is not allowed
Bullying makes me frown

Makes me cry, gets me upset
Why is life always a threat

You bully me now you bullied me then
Now my life's under a pen

In my diary I write my story
About how I cried by getting bullied

You bullied me day you bullied me night
All I have to do is stand up for my rights.”

- Soniya (Age 15)





USEFUL CONTACT NUMBERS:

ChildLine: 0800 1111

Youth Action: 01254 695847

Email: info@youth-action.net

Website: www.youth-action.net

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