

Bullying Survival Guide

MIND SPACE

young people's
health matters

MAYO



MINDSPACE

How we support young people:

- Offer advice & support.
- Listen without making judgements.
- Help with decision making skills.
- Support (anxiety, stress, mood).
- Supported access to other services.

What we offer someone who supports a young person:

- Advice & guidance on how to support or refer the young person.
- Information & signposting.



Who are Mindspace Mayo?

Brief Summary

Mindspace Mayo is a free and confidential support service for young people's mental health and wellbeing.

Mindspace's aim is to support young people aged 15-25 who are going through a difficult time to ensure they get the support they need.

Our centre in the Market Square, Castlebar provides a welcoming space for young people to call in, get information or have a chat one-to-one with a support worker.

If a young person wants support, our staff are there to listen, without making judgements, and to provide supportive guidance.

Mindspace also has two outreach locations in Erris and Ballina. The aim of the outreach programme is to provide essential support for young people in their own locality, in a setting that feels safe and comfortable for the young person.

Getting support can help you to keep on track at school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.

We also provide information and advice to anyone who is worried about a friend or young person in their life.





WHAT IS BULLYING?

Bullying is an intentional, targeted and unwanted negative behaviour that is repeated against a person who has difficulty defending themselves. This is the definition of bullying that has been endorsed by the Department of Education and Skills in Ireland

TYPES OF BULLYING?



PHYSICAL

- Hitting, kicking, pushing, damaging property.

VERBAL

- Insults, teasing, intimidation, racist or homophobic remarks.

SOCIAL

- Spreading rumours, 'covert' bullying, excluding someone.

CYBER

- Intentional harm inflicted through computer use, phone use or social media.



WHY DO PEOPLE BULLY OTHERS?

Someone may start to bully another person because they are jealous and insecure. Or they may feel that they will be more popular/ seem cool if they pick on someone. Bullies may have been bullied themselves in the past, or may be going through a hard time at home. It is never ok to bully someone, no matter what the reason.

HOW DO YOU KNOW IF YOU ARE A BULLY?

When do you cross the line from banter to bullying?

- ? **Do you** pick on others?
- ? **Do you** like to tease or taunt others?
- ? **Do you** like it when others get upset?
- ? **Do you** think it's funny when others make mistakes?



WHAT CAN YOU DO IF YOU ARE A BULLY?

If you feel that you have bullied someone, it is important to **own up to your behaviour**. Try and use empathy to understand how you made that person feel. **Apologise**, and mean it. Talk about your feelings and why you acted in that way, and try to **act in a more responsible** and kinder way in the future.

Try not to be a bystander- what would you do if someone you know is being bullied, or if your friend was a bully?



WAYS TO SUPPORT SOMEONE WHO IS BEING BULLIED

What to do if someone tells you they are being bullied.

Encourage...

Encourage them to talk to someone
/ go with them to tell an adult.

Listen...

Take it seriously / don't dismiss the person.
– it may have been hard for them to open up .

Understand...

Just because you don't think it would hurt you,
does not mean it doesn't hurt them .

No Judgement...

Be non-judgemental / do not try to justify it.

Acknowledge...

Acknowledge that you can support them,
but you're not qualified and not
responsible to fix it.

Talk to someone...

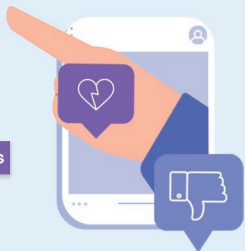
One Good Adult - coach, leader, parent, teacher.
Speak to someone you trust.



WHAT IS CYBER BULLYING?

Types of cyberbullying.

- Gossiping about people on social media.
- Exclusion of people from online quizzes or group chats
- Spreading of rumours
- Harassment
- Cyberstalking - searching back on your profile/ constant interaction
- Cyber threats - chain messages
- Racism
- Taking or posting photos, videos or screenshots without consent.



Think before you post

Would you like this posted about you?



- Tell somebody
- Don't delete anything
- Talk to a friend, parent, teacher, the Gardai
- Don't try to fight the bully
- Don't believe what the bully is saying
- Do not add anyone on social media sites who you don't know



TIPS!

TIPS FOR HANDLING A BULLY

If you are a victim of bullying, speak to someone. You do not need to put up with it. Tell the person to stop and that they are crossing the line. Be assertive!! - not aggressive. Keep a log of when the bullying happens/ what happens / how you feel about it at the time. If a situation is very difficult and causing distress, walk away.

It is important to talk to someone you trust, such as one good adult, or your manager if this is happening in a workplace. Reach out to a support service/ helpline if you need to talk.

MANAGING BULLYING IN THE WORKPLACE

Workplace bullying can be a hard situation to deal with, you may not want to rock the boat, but you do not deserve to be treated poorly. Do not be afraid to report it to your supervisor, manager or HR representative.

SOCIAL MEDIA

Prevent bullying through social media by changing your privacy settings. Make sure that all of your social media accounts have very strict privacy settings. Set your accounts to “friends only” or “private.”

Block and un-friend. Block any harassing accounts, email addresses, or phone numbers.

Keep your personal details private. Don't post your home address, phone number, school name, or any other personal information about yourself.

Take a break from your phone or computer. If it feels like the online bullying just won't stop, take a break from social media. Turn off your phone or put it out of your sight.

Save harassing emails, texts, or messages. Take screenshots of harassment. This can be important evidence down the line.

Report bullying where it happens. Report online abuse to Facebook or Twitter if you're bullied on those platforms. You can report to other site admins if you're bullied on their sites.

Thoughts from the Mindspace Youth Panel

*“Try to treat others the way you would like to be treated,
you never know what is going on in someone’s life”*

Cliona, Youth Panel Member

*“Often bullying comes from inside your ‘friend’ group, don’t be afraid to join a different circle.
Remember that if your ‘friends’ are making you feel bad, they probably aren’t really your
friends. Be aware of fake friends and don’t be afraid to find new people who make you feel
good and who you can trust. You deserve it, you don’t deserve to be unhappy.”*

Cliona, Youth Panel Member

“The hardest part is asking for help, once you do it will get easier”

Chloe O’Malley, Youth Panel Member

*“Try not to be a bystander, if you see your friend or someone else being
bullied, talk to a trusted adult who can help” .*

Chloe O’Malley, Youth Panel Member

*“Ignoring the bullies can seem like the best option, but the longer you try to ignore it, the
bigger the problem becomes and the harder it can be to reach out”*

Cliona, Youth Panel Member

*‘Social exclusion is bullying if it is a repeated behaviour, this can be done by individuals or by
groups. If you see someone being left out, try giving them a compliment or saying something
nice to them, it could really make a difference. If you are being excluded, do not be afraid to
branch out from your ‘group’, find people who are kind and have a chat with them!’*

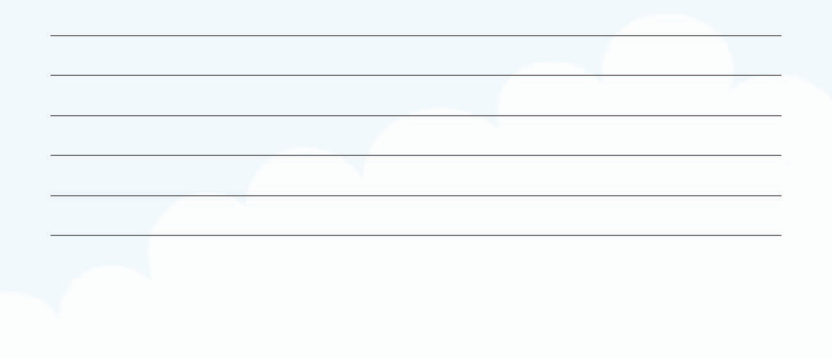
Ciara, Youth Panel Member

*“Put yourself in another person’s shoes; Think before you type; Think before you speak.
What if someone did the same thing to you or to your loved ones?”*

Esther, Youth Panel Member

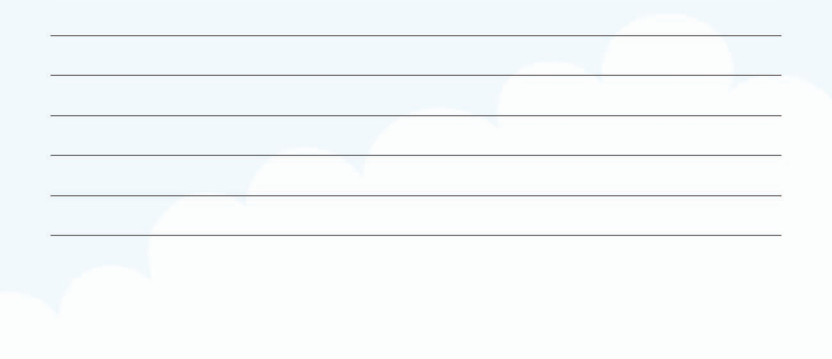
NOTES...





NOTES...





MindSpace Mayo is NOT a 24 hour emergency or crisis intervention service.

Our phone, text and email services are NOT checked outside of office hours.

If you need help outside of office hours please see below a list of support services:

24 hour services

Phone

Emergency Services..... 999 or 112

Samaritans.....116 123

Listening service for people who are lonely, despairing and suicidal.

Childline..... 1800 666 666

A confidential phone line for children and young people.

Pieta House..... 1800 247 247

Suicide prevention Helpline, for anyone in a suicidal crisis or who has been bereaved by suicide.

Crisis Text Line

for free 24/7 support in a crisis (text TALK to 50808)

www.webwise.ie

Advice and support for online safety issues for parents, young people and teachers

www.citizensinformation.ie

Citizens information - Bullying in the Workplace

your mental health.ie

Information | Support | Services

We all need to look after our mental health, and just like our physical health, it needs to be maintained. Here are some things you can do to look after your mental health:

Keep active

Regular exercise can really give you a boost.

Talk about it

Problems feel smaller when they are shared with others.

Eat and sleep well

A balanced diet and a good sleep pattern will help the way you feel and think.

Drink less alcohol

Avoiding too much alcohol is important, especially if you're feeling down or worried.

Do something you enjoy

Setting aside quality time for yourself can really help, particularly if you are not feeling great.

Stay in touch

Trusted friends and family are important, especially at difficult times. You're not alone.

REMEMBER:

Everyone is different and we all need help from time to time. Asking for help is a sign of strength. Visit yourmentalhealth.ie for information on minding your mental health and supports and services.



Connecting for Life

yourmentalhealth.ie



Seirbhís Sláinte
Níos Fearr
à Forbairt | Building a
Better Health
Service

 facebook.com/mayomindspace

 twitter.com/mindspacemayo

 [@mindspacemayo](https://www.instagram.com/mindspacemayo)

 Linkedin.com/company/mindspacemayo

MINDSPACE MAYO

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This booklet was designed by The Mindspace Youth Panel.