



Bullies  **Out**®

... where you are not alone



www.bulliesout.com



Bulliesout Definition

- ✎ Bullying is when a person or group of people persistently and intentionally cause physical or emotional harm to another person or group of people. This imbalance of power can make it difficult for the sufferer to defend him or herself.
- ✎ One-off incidents, whilst they may be very serious and must always be dealt with, do not fall within the definition of 'bullying'.



Aims and Objectives

- ✎ To provide help, support and information to individuals, schools, youth and community settings affected by bullying.**
- ✎ To raise awareness of bullying and educate on the effects it can have on a person's physical and mental wellbeing.**

How ...

1. Online Support

- ✎ **Open daily between 5pm – 8pm**
- ✎ **The Online Forum is a community of help and support**
- ✎ **Helps remove feelings of isolation**
- ✎ **Young people often feel more comfortable chatting online**

How ...

2. Peer Mentor Programme

- ✎ Provides Student Support
- ✎ Increase self-confidence
- ✎ Help improve interpersonal skills
- ✎ Encourage reporting of incidents of bullying
- ✎ Help reduce incidents of bullying



Good Practice Award

Criteria ...

- ✎ **Monitoring and Evaluation**
- ✎ **Support**
- ✎ **Ongoing Training**
- ✎ **Effective Communication**
- ✎ **Positivity**

How ...

3. Hand of Courage

- ✎ **Creative Workshop**
- ✎ **Raising awareness using a fun activity**
- ✎ **Means of Support**



How ...

- * Awareness Presentations
- * Workshops and Discussions
- * Resilience
- * Awareness Displays
- * Information Booklets and Literature



Bullies  **Out**®

***In our world, there is
NO BULLYING
allowed!***



Contact Us ...

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