Think about the last time you walked into College. How did you feel? Confident & powerful? Or timid & worried?

And how did you look to other people? Were you striding out purposefully with your head up, looking forward, or were you trying to make yourself look insignificant in the hope that the bullies wouldn’t spot you?

How to look more confident

Body language tells us a lot about other people. If you’re trying not to be noticed and looking at the ground a lot while darting into College it can make you more noticeable. You look defensive and vulnerable.

If you step out boldly you send out a different message of confidence, as though you’re the sort of person who might answer back if the bully tries a smart remark. You may not be very confident but you’ll certainly look it.

www.bullying.co.uk

What is Bullying...

- People calling you names
- Making things up to get you into trouble
- Hitting, pinching, biting, pushing and shoving
- Taking things away from you
- Damaging your belongings
- Stealing your money
- Taking your friends away from you
- Posting insulting messages on the internet or by IM (cyberbullying)
- Spreading rumours
- Threats and intimidation
- Making silent or abusive phone calls

For more information visit: www.bullying.co.uk
Homophobia (gay bullying)

If people call you names, they might also make nasty remarks saying that you are gay, whether you are or not, starting rumours and maybe spreading gossip.

You might be picked on in this way because you’re quiet, good looking or because you have good friends of the same sex.

**What to do about gay bullying?**

If you’re being bullied in this way you need to report it to someone in the College that you feel comfortable with.

Keep a diary of the remarks. If this sort of bullying turns into violence then it should be reported to the police as a hate crime. Many police forces have specialist units to deal with these incidents.

The people who make these remarks are trying to make you lose your temper so it’s best not to respond to the taunts or if you feel you need to, just say, “Whatever”.

In many cases the people who are picking on you are projecting their prejudice on to others. They may also hear gay jibes being used at home or by older people who hold outdated attitudes.

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**Are you the victim of cyberbullying?**

If so, don’t suffer in silence, please let us know. You can tell the following people:

- Linda Johnson in room CG14
- Elisabeth Lawrence in Student Services
- Rob Hill in room W126
- or ask your personal tutor to pass the message on

**Laugh at it and you are a part of it.**

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Any bullies will be dealt with in accordance with our Bullying and Disciplinary Policies. It is your right to feel safe and comfortable in College.