



Friendship and Bullying Matters



Sample pack



To read more, please download the full
resource from our website

info@sexedmatters.co.uk
www.sexedmatters.co.uk

The Facts

Did you know...



10% of students in the UK say they have **stood up to a bully** (go the 10%!)- NSPCC

Healthy, supportive friendships help to keep your **mind sharp and active** - Harvard

You're **36%** more likely to **kick habits** like smoking if your friends support you - Activenation

Yet...

More than half of students in the UK are bullied about their appearance *



40% of students in the UK are bullied at least once a week *

53% of students who have been bullied feel anxious, and **29%** feel depressed *


Friends help us to be healthy, happy, amazing people. They relieve our stress levels and help us to feel secure. They're a central part of life! Here's all you need to know about friendship and combating all forms of bullying, including slaying trolls. BOOM!

*Stats from YMCA


Self Love!

Society often bombards us with reasons to doubt or criticise ourselves. Overcoming this both offline and online is hard! Here are just a few nuggets of information to help you along your unique way:

Did you know that 'beauty' is entirely made up?



Society has always dictated what it means to be beautiful. While our human bodies have hardly changed over the centuries, the ideal body that society projects onto us has changed a great deal! In Ancient Greece, larger and more voluptuous women were celebrated in all their glory! Similarly, **in the 1800's fat was unapologetically in fashion.** Today, society puts lots of pressure on girls and boys to look muscular or thin and we are taught to celebrate whiteness above BME (black and minority ethnic) beauty. Somehow, if we don't happen to perfectly match these stereotype we're made to feel lesser or not as valued, and certain races are always disadvantaged.



Our advice

1.

Always consider your needs and your mental health.

Know it's never a selfish act to take time out for the things that make you happy. To give your all to your friends, family and studies, you need to take care of wonderful you!

2.

We're constantly told via social media we need to be better. Try to change this focus. Concentrate on what makes you happy!

3.

Our golden tip to ever-lasting self respect is to

think of yourself as a friend.

You should expect to receive the same standard of love and support that you show to your friends and everyone around you.

Social Media



Social media allows us to connect with each other like never before. But that doesn't mean it's perfect. It's completely normal to feel anxious or alone even with the world at your fingertips. Here are some golden rules to totally bossing online friendships and protecting your mental health in the process.

Your army should treat you with the same level of respect online and offline

Take another look at our 'choosing your friends' section and make sure you're valued by your friends online as well as in real life.

If something's illegal offline, it's illegal online too

The almighty law has your back offline and online! Anything that's illegal in real life is also illegal online, including any kind of coercive acts, harassment, threatening messages or sharing nude photos of anyone under 16.

Online blackmail


Sometimes, bullies might try to blackmail you virtually. This means they might threaten to hurt you online, like hack into your account or share photos of you without your consent, unless you do what they want.

This is never okay.

Please speak to a trusted adult, teacher or guardian if this ever happens to you. They are there to help you.



If you're worried about anything online, talk to a teacher, trusted adult or guardian. They'll be able to help you through the mysteries of the web.



Why are people bullied?

**&*%@?

If you ever experience bullying, know that it is absolutely not your fault. There are many reasons why people are bullied, including because of the way they are born.

The National Centre for Educational Statistics found that most often, people are bullied because of their physical appearance, race and ethnicity, gender, disability, religion and sexual orientation.



That is not okay.

Rising up against bullying is a fierce act of courage.

If you feel that you're different then know that this difference is beautiful. Celebrate the things that make you brilliantly unique!

Together, we can end bullying and that 'isms' that bullying amplifies. It starts right now, with you!



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Help for bullying

There are so many organisations out there to help you if you face any bullying. You are supported. You should never put up with bullying as a part of life. You deserve so much more than that. Take a look at our list of amazing organisations to prove to you how much more you deserve:

Samaritans

Helpline to discuss anything that's worrying you, no matter how big or small it feels.

**Call for free on 116 123
samaritans.org**

The Mix

**Helpline: 0808 808 4994
themix.org.uk**

**Bullies Out
bulliesout.com**

Bullying UK (Part of Family Lives)

Helpline: 0808 800 2222

ACAS

**Acas Helpline: 0300 123 1100
(8am-8pm Monday to Friday and
9am-1pm Saturday)**

Respect Me (Scotland's Anti-Bullying Service)

respectme.org.uk

**Ditch the Label
ditchthelabel.org**

ParentLine Scotland

**Helpline: 08000 28 22 33
parentlinescotland.org.uk**

Papyrus

**Papyrus HOPElineUK –
0800 068 41 41
SMS: 07786 209697**

Childline

Helpline: 0800 1111

Campaign Against Living Miserably

Helpline: 0800 58 58 58

Bully Busters

**Helpline: 0800 169 6928
bullybusters.org.uk**

thecalmzone.net

Shout

**Text Shout to 85258
giveusashout.org**

Stonewall (LGBT bullying)

0800 0502020

Take a selfie with me if you think...



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#SexEdMatters