



**BullyingUK**

Part of **family lives**

STOP

Bullying

***Bullying UK champion pack***

**Support Bullying UK and become  
an anti bullying champion**

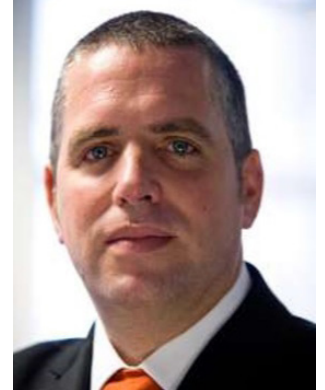


# BullyingUK

Part of **family lives**

## **Could you be a fundraising champion for Bullying UK?**

Bullying UK, part of Family Lives, provides support and advice to anyone experiencing bullying whether that's at school, online, at home or in the workplace. We provide advice and support through our website and resources, a place to share experiences on our forums and raise awareness of bullying and how to deal with it through our social media channels and outreach work. We hold an annual Wear Blue Day to raise awareness and generate vital funds to support our work through fundraising activities, such as selling Bullying UK wristbands, organising balls, fun runs and more.



We are looking for passionate champions who can fundraise for Bullying UK and become part of something big. We have a proud history, spanning nearly four decades, in which community engagement and volunteering has led the way we support the needs of families.

The information within this pack describes the work we do across our organisation. It highlights some of the ways in which people are able to get involved and also covers the values and vision that we hold for ensuring effective and respectful anti-bullying support which really makes a difference.

We have a goal to raise £100,000 this year to further support and build on our anti-bullying services. We want to ensure that everyone who experiences bullying has somewhere to turn.

Support from the public plays an active part in all aspects of our delivery, support and engagement, delivering face to face services, answering calls on our helpline, administrative and outreach support, fundraising or lobbying.

As Chief Executive, I am very proud of the work that we undertake at Bullying UK; our work is driven by a very practical example of vision, passion and selflessness within our volunteers and supporters.

Without your gift of time, energy and commitment, Family Lives will not be able to provide the range of support services we deliver to families and people affected by bullying across the country.

With thanks and best wishes

**Jeremy Todd**  
**Chief Executive of Bullying UK, part of Family Lives**

**“An older child constantly followed my son and stood over him at school. He told me he was frightened and he told her that he was going to tell the teacher. He said she threatened him (I don't know what with) and she physically stopped him getting to the teacher. He has told me it has happened several times. I have only found out about it in the summer holidays (he was frightened when we saw her while out and about) so I have not spoken to anyone at school about it.” \* From Bullying UK National Bullying Survey 2016**





## Who we are

Bullying UK, part of Family Lives, provides anti-bullying support and advice all year round to anyone experiencing or suffering the effects of bullying. We do this through our website, national support helpline, online resources and forums and through outreach in the community.

**Two thirds of parents who responded to our recent National Bullying Survey said their child had been a victim of bullying more than eight times. 65% of the bullying was physical and 88% of young people had developed lower self-esteem because of the bullying they received.**

Bullying UK speaks to many people effected by bullying, whether it be in the school, workplace, online or socially. We know that the effects of bullying can be dramatic and linked to many negative outcomes including impacts on mental health, substance use, and even suicide. We believe that raising awareness and highlighting bullying issues helps to prevent bullying. We also believe that empowering individuals to seek support and get advice is very important as this can also help to get the bullying stopped.

The best way to support those affected by bullying is to provide accessible support, information and advice. Bullying UK offers a free helpline, a website packed with information and advice, online forums and peer support. We also help to raise awareness of the effects of bullying through our online, media and community anti-bullying campaigns. We pride ourselves on providing a safe, supportive environment for young people, adults and parents to be able to speak freely and confidentially about their bullying concerns with a trained and skilled volunteer. Over a million people visit our website each year in our aim to be the first place people can turn to if they are affected by bullying.

## Bullying UK fundraising champions

We are looking for fundraising champions to help us raise funds and awareness of Bullying UK and our work. There are many things you can do in your community to help raise funds. We have a great fundraising pack with lots of ideas such as a manning a stall, bake off, quiz nights, special events and more. We welcome your ideas too so the possibilities are endless!

Giving up a little bit of your time to raise some money for Bullying UK can be rewarding and fun. You'll feel a real sense of achievement for helping to improve the lives of people affected by bullying. It doesn't matter how much you raise. Small amounts add up really quickly and before you know it you've made a difference to someone.

### Activities can include:

- Planning and organising local fundraising events and activities.
- Promoting local fundraising events.
- Identify new fundraising opportunities and supporters.
- Work with retail outlets to arrange and take part in store collections.
- Manage the placement of collection tins in local businesses.
- Hosting fundraising events, big or small to help raise money for Bullying UK.

### Becoming a Bullying UK Fundraising Champion will suit you if:

- You enjoy meeting people and feel passionate about anti bullying.
- You are able to think creatively to help us raise money.
- You are able to travel independently.
- You are enthusiastic and self-motivated
- You are a great organiser and planner.

**As a Bullying UK Champion you will receive a welcome pack from us with lots of ideas and information.**

**You can contact our champion supporters at [bullyinguk@familylives.org.uk](mailto:bullyinguk@familylives.org.uk)**



## The effects of bullying

60% of young people responding to our National Bullying Survey 2016 suffered bruising to their body; 88% had lower self-esteem, 40% had suicidal thoughts and 67% felt depressed as a result of the bullying they endured.

We know that the effects of bullying can be long lasting, and we hear first-hand from thousands of people struggling to cope with the impact from bullying at a younger age into their adult life. One person who contacted us was bullied throughout the time she was at secondary school, this continued for approximately 6 years, here is her story:

*"I'm 43 now and I am still suffering the psychological effects from it (30 years on). I've had loads of counselling and saw a psychiatrist when I was a teenager. I also tried to commit suicide when I was 16. I was called names, laughed at, spat on, threatened and had chewing gum thrown in my hair in front of the whole class at school. Of course, they all laughed when I cried, as I couldn't get it out. It had to be cut out in the end.*

*I'm not a confident person and hate looking in mirrors as I will always be 'ugly'. I am afraid to put on weight in case I'm seen as ugly and fat and I'm laughed at for being both. It's taken me a long time to gain the little confidence I have now and in most situations I barely have any. I will never forgive the bullies as my life could have been so different but it has made me a stronger person.*

*I have two young sons now and they give me the motivation to do things that I normally wouldn't do, having them has changed me. If they are bullied, I will be on the school's back immediately so they don't suffer in the way I have."*



## Read Lottee's experiences as a Bullying UK volunteer champion



Back at school Lottee received terrible treatment. At school, Lottie received terrible treatment from her peers, perhaps jealous of her singing ability.

After weeks of suffering in silence, Lottie spoke to her mum Victoria, desperate for help.

Victoria found out that Lottie would receive invites to meet 'so-called' friends who would run away from her when she arrived. Speaking of her experience, Victoria said:

*"I am like every other parent that has experienced how bullying can impact greatly on families. After a lot of support from family, friends and the team at Bullying UK, Lottie is turning her life around. She now attends a school with a smaller class size – which provides attentive one to one learning.*

*Bullying doesn't only effect the child or adult on the receiving end. It effects the whole family. I turned to Family Lives – (who run Bullying UK) - for help. Their website was so engaging, informative and child friendly. The people on their free Helpline were invaluable! I could speak to them confidentially. They supported me and my daughter to talk openly about our feelings and find our own solutions to move forward.*

*Lottie is regaining her confidence, performing at gigs around the country whilst raising awareness for Family Lives who helped her – and the whole of our family - on the road to recovery! We are more determined than ever to play a part in stopping bullying."*

**Speaking about her role as a Bullying UK volunteer champion, Lottee said:**

*"I'm delighted to be a Bullying UK supporter. I want young people to know that they don't have to put up with bullying. If anyone thinks they are being bullied - or even if they are unsure about how they are feeling about something that might have happened at school, home or amongst their friends - they can speak to Bullying UK who will be able to help them."*

**Thank you for your interest in supporting Bullying UK.**





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***Support us to help  
#stopbullying***

To apply or find out more information, please  
contact 020 7553 3080 or email us at  
[bullyinguk@familylives.org.uk](mailto:bullyinguk@familylives.org.uk)

[www.bullying.co.uk](http://www.bullying.co.uk)