

Bullying & Abuse

Everyone has the right to live and work in an environment free from bullying, harassment, discrimination and violence. Bullying and abuse are very common and can happen to anyone, even in a farm family environment. When somebody does something or fails to do something which results in notable harm to another person, it is called abuse.

Bullying and abuse can occur in many different ways including:

- **Verbal:** name calling, teasing, taunting, insults, and verbal threats.
- **Physical:** hitting, kicking, throwing things at someone or spitting.
- **Social/Emotional:** deliberately ignoring or leaving someone out, putting someone down, blackmailing or forcing someone to do something against their will.
- **Financial or material abuse:** including theft, fraud, exploitation, pressure in connection with wills, property, inheritance or financial transactions, or the misuse or misappropriation of property, possessions or benefits.
- **Sexual assault:** any unwanted sexual contact. It is not just about physical violence. Using fear or threats to make someone do things that they do not want to do is an assault.
- **Cyber/E-Bullying:** Using mobile phones or the internet to hack someone's social media account to post offensive images, spread rumours or send abusive messages; internet stalking; 'hating' on social media sites.

Nobody has the right to hurt you physically or emotionally even if they are in a position of authority or they say they love you. Always refuse to accept abuse and remember that secrecy is an abuser's best weapon, so never keep it a secret. Help is always available. The most important thing is to tell somebody you trust and/ or talk to your family doctor or police.

Where can I find about support for Bullying and Abuse?

Domestic and Sexual Abuse Helpline

Support, advice and signposting service for all women and men who have been affected by domestic or sexual violence.

Freephone: 0808 802 1414

Nexus NI

Advice and confidential support and counselling for those who have been sexually abused.

Tel: 028 7126 0566

Women's Aid Federation NI

Support and advice for women who have suffered or are suffering from domestic abuse.

Tel: 028 9024 9041

Victim Support NI

Emotional support for victims of crime.

Tel: 028 9024 3133

The Men's Advisory Project (MAP)

Support for male victims of domestic abuse. Tel: 028 9024 1929

Action on Elder Abuse

Support and advice on abuse of older people. Tel: 080 8808 8141

NSPCC

Advice on child protection issues and to report child protection concerns

Tel: 0808 800 5000

Childline

24-hour helpline for children and young people Tel: 0800 1111

PSNI non-emergency reporting number Tel: 101