

Useful contacts



- **Stop Hate UK – you can report 24 hours a day**
www.stophateuk.org/
Phone: 0800 138 1625
Web chat: Stop Hate UK web chat (You can chat live to one of their operators. Please note that it may take a few minutes to connect to an operator)
Email: talk@stophateuk.org
Text: 07717 989 025 (Texts are charged at your standard network rate)
- **www.childline.org.uk**
Telephone: 0800 1111
- **www.kidscape.org.uk**
- **www.thinkuknow.co.uk**

To contact the Police, you can get in touch online via the 'Report a Crime' page of Northumbria Police's website or by calling 101. If you are in immediate danger, always call 999.

'You have the right to be treated with respect – you don't have to suffer in silence.'



For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

Streetwise

YOUNG PEOPLE'S PROJECT

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Registered Charity Number: 1058360

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The Streetwise guide to Bullying & Discrimination



Streetwise

YOUNG PEOPLE'S PROJECT

Bullying & discrimination



Bullying and Discrimination can be very harmful and upsetting and can happen to anyone at any time. You have the right to be free from any forms of bullying or discrimination.

Bullying includes name calling, teasing, spreading rumours about you, being ignored and left out, having your things taken from you, being threatened and intimidated, being hit, kicked or punched.

Discrimination is when you are treated differently because of who you are.

You have the right to be treated equally and with respect regardless of any gender, race, religion, sexuality or a disability.

What should you do if you are being bullied or discriminated against?

Bullying or discrimination is not your fault. If you are affected by these issues, you should speak out.

- Tell someone! You do not have to suffer in silence.
- Keep a record of who, when, where and what happens.
- Try not to fight back – you might get in to trouble or even get hurt.
- Try to keep yourself safe and avoid/ minimise contact with bullies where possible.

Cyber bullying



Bullying by text or mobile phone or on social media is serious and harmful too.

No-one should be using the internet or mobile phones to abuse you and this includes name calling, teasing, sending of abusive or offensive images, taking / sharing images of you without your consent, and threats.

To keep you safe online:

- Never give out information about who you are, which school you go to, mobile number and where you live over the internet.
- Be aware that people online might not be who they say they are and remember just because you have seen a picture does not mean that it is them!
- Don't post any photos or videos that you would not want your granny to see! Remember once that are posted online anybody across the world has access to them and you can never have them back!
- Do Not arrange to meet anyone you don't know who you have met online.
- If you are a victim of cyber bullying, keep copies of the messages and talk to a trusted adult who can help like your teacher, a parent or a youth worker.



Hate crime



Hate crime is when someone is harassed or harmed on purpose because of their identity.

This includes not only threats or abuse against a person but criminal damage to property, damage to personal belongings, graffiti and offensive printed materials, like leaflets or posters.

You do not have to put up with this!

Report it at Streetwise

You can report bullying discrimination and hate crime at Streetwise, and we can support you through the reporting process. Alternatively, you can report to Stop Hate UK (see useful contacts).

We can help support you with any feelings you may be having because of bullying and discrimination and also help it to STOP!

We will take you seriously.

We are here to listen and not to judge.

You do not have to give your name and personal details if you do not want to.

But simply by reporting incidents of bullying, racism and homophobia it will help to raise awareness that this sort of bullying and discrimination is happening and help it to STOP!

You can report something that has happened to you, to someone else or something you have seen.

