

Useful Contacts:

Complaints Officer

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Equality Authority

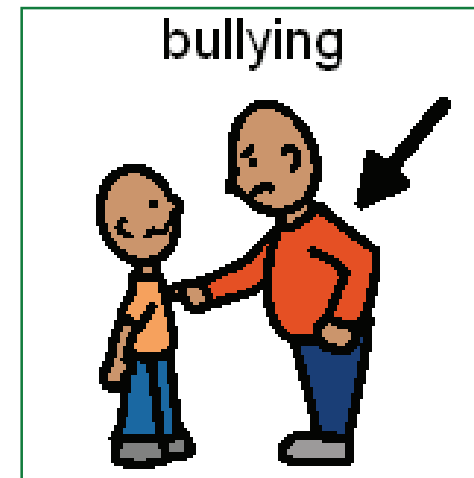
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 PROSPER FINGAL

Stop Bullying and Harassment!



Information Leaflet for
Service Users

September 2008

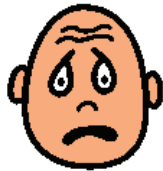
What is Bullying?



Bullying is when you are treated badly, more than once.



It can make you sad.



It can make you scared.



It can make you cross.



Bullying is wrong.

Say **no** to bullying.

What happens to the bully?



There might be changes to the bully's service or activities



The bully will be supported to treat people better

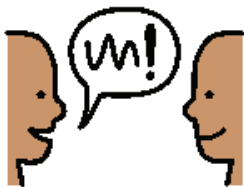
Remember

If you are being bullied or harassed:



It is not your fault
Tell someone
It will stop

What happens then?



Staff will support you to tell the bully to stop

or



Staff will tell the bully to stop



There might be changes at your service or to your activities



Staff will check that the bullying or harassment has stopped. They will

check that it doesn't start again.

Types of Bullying



Being hit



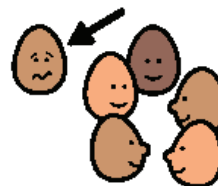
Being ignored



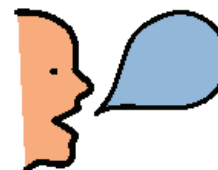
Someone being mean to you



Being shouted at



Being left out



Being slagged because of how you speak

What is Harassment?



Harassment is when you are treated badly because:



You have a disability



You are a Traveller



Your religion



Your colour

There's more...

What do I do if I'm being bullied or harassed?



Tell someone you trust



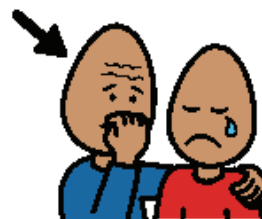
Stand up to the bully.

Tell him or her to stop!



Make a complaint

Remember



Tell staff if you see someone else being bullied or harassed !

Where does bullying and harassment happen?

They can happen **anywhere**.



On the bus or at the bus stop



In Prosper Fingal



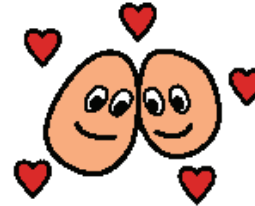
At work



In the community



Your age



Who you fancy



You are a man or a woman



You are single or married



Your family type

Harassment can be sexual. It can be:



Saying things you don't want to hear about sex. For example, rude jokes



Touching you when you don't want to be touched



Making you look at sexual pictures when you don't want to



Making you do sexual things that you don't want to do

Who can bully or harass?

Anyone can bully or harass. It can be:



Friends



People in Prosper Fingal



Staff



Strangers



Family

A person who harasses you is a bully