

FOCUS OF THE WEEK

Bullying and Cyber Bullying

What is Bullying?

Bullying is something that 1 in 2 people under 25 will experience in their lifetime. No one is born a bully – true story. Bullying is a learnt behaviour and not an innate characteristic of anyone. According to [Ditch the Label](#) research, there are lots of reasons why people bully.



Ditch The Label

Ditch The Label is a brilliant website, aimed specifically at those aged under 25, tackling the issues around Bullying. They have loads of great information and advice on a range of topics including:

- [Conflict Resolution](#)
- [Rebuilding Confidence after Bullying](#)
- [How to Stop Bullying Others](#)
- [Online Behaviours and Mental Health](#)

Another good tool that Ditch The Label have, is helping you have abusive or bullying content to be removed online, including from Instagram, Snapchat, TikTok etc. You can report online abuse on their website [HERE](#).