

## POLICIES

Schools and colleges should have policies/procedures that protect you from discrimination and bullying.

Don't suffer in silence, if you can't get your school or college to listen to you, contact the LGBT switchboard or one of the many LGBT youth groups that can offer you advice and support. Further details can be found in this pack.

**You're not alone.**

## TELL SOMEONE

If you are, or know someone who is being bullied because of his or her race, religion, sexual orientation or gender, don't be afraid to tell someone.

If you can't tell a teacher, family or friend, you can tell to someone by using a self-reporting form. Every report is taken seriously and could help to stop you and others suffering hate crime.

**Please tell someone if you are being bullied.**

## POLICE

- > don't be afraid to report homophobic or transphobic abuse to the police
- > we call this type of crime 'hate crime'
- > the police deal with hate crime regularly and can offer you help and support
- > what you tell us will be dealt with sensitively and professionally
- > you will be taken seriously, if you don't want to report it to the police, contact a support agency (details can be found further in this pack)

## USEFUL NUMBERS

- > **Childline: 0800 1111**
- > **Victim Support: 0845 30 30 900**
- > **24hr NSPCC Helpline: 0800 800 500**



# BULLYING HURTS

**TELL SOMEONE**  
[www.report-it.org.uk](http://www.report-it.org.uk)



## WHAT IS HOMOPHOBIC OR TRANSPHOBIC BULLYING?

Are you or someone you know...

- > being called names?
- > being pushed, hassled or threatened?
- > being beaten up, spat at or kicked?
- > having your things taken or damaged?
- > being made fun of or called names by anyone?

**Yes?**

**That's homophobic or transphobic bullying.**

**HOMOPHOBIA IS** any abuse because you are or people think you are lesbian, gay or bisexual.

**TRANSPHOBIA IS** any abuse because you are or people think you are transgender, tranvestite or transsexual.

**BULLYING IS** any action against any person or group, who may be seen as different.

## PERSONAL SAFETY

- > if you can, walk away.
- > go anywhere safe.
- > keep saying the same thing: 'go away'.
- > stay alert.
- > try to be with people you trust - not alone.
- > be confident (even if you don't feel it!).
- > report it immediately.

## WHAT CAN I DO ABOUT IT?

- > talking through your problems will make a difference and help you to think through how to sort them out.
- > tell someone what's happening... teacher, friends, parents or LGBT friendly organisations, including the police.
- > fill out a self-reporting form contained within this pack.
- > report what's happening on-line.

## TELL SOMEONE

Don't suffer in silence, if you can't get anyone to listen to you, contact your local LGBT group who can offer you advice and support. Not everyone who is lesbian, gay, bisexual or transgender will experience bullying in school, college or the workplace. If it does happen, it is important you tell someone.