

How to...

...respond to bullying

If you're being bullied, you may feel upset, isolated and even frightened. You may feel you are unable to confront the person who is acting like a bully or even find it hard to tell someone who can help you deal with the situation. But you don't have to put up with bullying.

But you don't have to put up with bullying. It doesn't have to have such a big impact on your life. Really!

If you feel you can - confront the individual concerned, tell them how they make you feel and that you won't tolerate their behaviour. If this doesn't work, then there are other options for you to explore.

Responding to bullying

Think about other ways you can respond to bullying. For example, practice saying 'I don't like it when you say that/do that – stop.' Think about other people who can help you if you are being bullied – this could be a fellow student, partner or your doctor. It will help to share your feelings.

Try to spend time with people who make you feel good about yourself. If someone constantly puts you down and makes you feel bad about yourself, they are not a real friend and so not worth your time!

Keep a log of any incidents, including the date, who is involved, and how and where it took place. This can be important evidence.

How the Students Association can help

If you feel you need help with an incident involving another member of the OU Students Association, please get in touch with the [Association's Student Support team](#) to explore an appropriate course of action with you.

And **don't be a bystander** – be that person who will support and stand up for other people!

Helpful organisations

All Rise is an international not-for-profit organisation established for bringing greater accountability and responsibility to the current state of the internet. Calling out hate, trolling, stalking, harassment and bullying which takes place on the internet for what they truly are - CYBER ABUSE.

<https://www.allrisestaynotocyberabuse.com/>

Stonewall campaigns for the equality of lesbian, gay, bisexual and trans people across Britain.

<https://www.stonewall.org.uk/>

EACH is a charity for young people and adults affected by homophobia and transphobia.

<https://each.education/>

Childline is there to help anyone under 19 in the UK with any issue they're going through.

<https://www.childline.org.uk/>

Cybersmile is an anti-cyberbullying non-profit organisation committed to tackling all forms of digital abuse and bullying online.

<https://www.cybersmile.org/advicehelp/category/advice-for-adults>

Nightline is a listening, emotional support service run by students for students, available from through the night from 6 pm to 8 am during term time. We support Nightline and some OU students volunteer with them. You can find their contact information on our website. <https://www.oustudents.com/nightline>

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland

<https://www.samaritans.org/>