

TACKLING DISCRIMINATORY BULLYING

Being discriminated against can affect a child's mental health

Discrimination is when a person is treated unfairly because of who they are. This could be because of their race, their gender, their sexual orientation, a disability, their faith, or more.

Children who are discriminated against may:

- Have lower self-belief or self-worth
- Feel powerless
- Be bullied

Things schools can do to tackle discriminatory bullying

Prevent and challenge discrimination early on

Teach children about diversity and different cultures, and how to build and maintain respectful relationships with others.

Offer support

Children who have experienced any type of discriminatory bullying should be offered extra support. This could be through school counselling or referral to community-based support.

Have a policy for reporting in place

Create a process for how children can report discriminatory bullying, whether they experience it or witness it, and ensure everyone across the school is aware of it.

The National Bullying Helpline

0845 22 55 787, 9am – 5pm, Monday to Friday

Childline

0800 1111, 7:30am–midnight from Monday to Friday, or 9am–midnight at weekends

Shout

Text 85258, open 24 hours a day, 7 days a week