



YOUNG SAFETY NET E-ZINE

Activities

Advice

friendships and
falling out

**BUMPER
EDITION**

Anti-bullying
advice for
Anti-Bullying
Week!

Information

safety-net.org.uk  [@safetynetbn](https://www.instagram.com/safetynetbn)  [@safetynetbn](https://twitter.com/safetynetbn)  [safetynetbrighton](https://www.facebook.com/safetynetbrighton)

Keeping children & young people safe



friendships bring us lots of comfort & fun!



Knowing you belong with your friends makes you feel safe to explore who you are!

Close friends often form a very important part of our helping hand; the people on our palm. We trust our friends and can tell them when we're feeling upset or worried about something (If you're not sure what a helping hand is, check out issue three of this e-zine to help you make one). A good friend can then help you tell a trusted adult if you're finding things difficult.

Friends support you through difficult times and celebrate the good times with you!

Researchers have found that most people can count the number of close friendships on one hand. Many have less, and some have more. Some of us only need one friend to feel safe and happy! This is all fine, as long as you feel like you can be yourself and feel good around them. You don't always need a big friendship group to be happy, and whatever suits you is fine, so you don't need to compare your friendship group to others. Friendships are not always perfect though, are they? Ask anyone you know, they will all have a story about falling out with friends from time to time, it is completely normal and it even happens to grown-ups sometimes. We know that everyone has a bad day here and there, and this can affect how we act around friends.

things to remember...

social media

The number of social media 'likes' someone has, is not the same as them having true friends in 'real life'. Try not to compare these!

early warning signs

Listen to your **Early Warning Signs** — if someone in your friendship group is doing something you don't like and you sense your Early Warning Signs, use **STOP THINK GO** (check out issue 5) to help you make a safe choice on what to do.



stay connected

Even when we can't be physically together, we still feel the connection to true friends who appreciate us for who we are.



Our Young Reporters suggest these ways to stay connected to friends....

Luke suggests:
'Skype, Zoom & WhatsApp'

Jess suggests:
'Games on Zoom calls!'

Zak suggests:
'Facetime, phone, texts'

Isaac suggests:
'Phones, computers, ipads, tablets & kindles.'

Things we **LOVE** about good friends

Our children's worker Sarah talks about the benefits of having friendships. If you're finding it tricky to make friends at the moment, have a look at issue 3 of our e-zine, we have some top tips on how to make new friendships.

- ★ **Laughing together!** It really makes any day a good day if we have had a giggle with someone we like.
- ★ **Giving and receiving compliments** - 'You're a great listener', 'You have the best ideas for games', 'You always try your best'. Feels so good doesn't it!
- ★ **Not having to think too hard about what to say** - It is really healthy to chat away with people we get on with, it can solve problems, help us to understand things when we feel confused, and be really fun. A good friend is someone who you also feel comfortable being quiet with, too.
- ★ **Having somewhere we really 'belong'**. Our friends understand us and we understand them. Sometimes we share interests and sometimes we have different interests but whatever the case, we feel accepted by our friends.
- ★ **A good friendship can keep you feeling warm and fuzzy** - for life! Sometimes people stay in touch with school friends right through adulthood. What a gift that is.



Young reporter, Jess: **'On a game I asked if someone was ok and they said no. Her friends had left her so I made her feel happier and she gave me a pet on the game!'**

Young Reporter, Isaac: **'I cheered my friend on when they were playing football.'**

Young Reporter, Luke: **'When my friend came over we watched TV nicely together (we both chose a programme that we wanted to watch) and shared chocolate.'**

Young Reporter, Zak: **'My friend was being bullied and he was really unhappy. I helped him. I listened and helped him to speak up to the bullies.'**

- ★ **Think of some times you've been a good friend to someone - what did you do and how did it make you feel? How do you think it made your friend feel?**

WHAT DOES A GOOD FRIEND LOOK LIKE?

Does your friend need to like the same music, games and videos as you?
Does your friend need to be clever? Funny? Or is it more important to you
that you just feel comfy with them, and can be yourself?

OUR YOUNG REPORTERS SHARE WHAT MAKES A GOOD FRIEND FOR THEM....

★ Jess says: 'A person
you can trust who will
keep promises.'

★ Isaac says:
'Someone who trusts
you, is never mean to
you, helps when stuff
gets difficult.'

★ Zak says: 'A person that
makes you feel good and you
can talk to them and a good
friend helps people when
they are feeling sad.'



★ Luke says: 'Helpfulness, kindness and gratefulness.
Caring for their friends when they feel sad and upset.
Not arguing. Laughing together.'

Make a list of the most important qualities a good friend should have for
you. You can do this by putting a quality in each star. In the smaller star,
write whether you think your friend would say the same thing about
you! Sometimes we have similar qualities to friends but sometimes we're
different, and that's okay!



FALLING OUT

Children's worker Sarah shares her advice on what to do when friendships feel tricky...



Think about your words: Try not to say anything unkind, even if you feel really angry. Insults can really hurt people's feelings and be hard to move on from. Talk about your feelings instead and try to stay calm



Problem Solving: Once things are a little calmer, you can be really clear about what you would like to happen. This is called being 'assertive'. 'I would really like us to be friends again', or 'I would really appreciate some space for a while' for example.



Take time out: If things are not calming down, it can often help to walk away, breathe and get some space. This is not 'giving up', it is a good strategy which shows you are trying to find a way to move on.

★ Experiences shared

See what our Young Reporters have to say...



Q: HAVE YOU FALLEN OUT WITH A FRIEND BEFORE? HOW DID IT MAKE YOU FEEL?

ISAAC: 'It felt like your body has lost something but doesn't know what it is and you always said then you realise that you lost something important... and then you finally get the thing you love back by promising that you will always be side-by-side.'

Q: WHEN YOU FELL OUT WITH YOUR FRIEND, HOW DID IT MAKE YOU FEEL?

ZAK: 'I should have felt sad, but it made me feel happier because he was being mean and bossy and that hurt my feelings.'

Q: DID YOU DECIDE TO MAKE UP?

ZAK: I helped him to do his school work and then we talked.

Q: HAVE YOU FALLEN OUT WITH A FRIEND BEFORE?

JESS: Yes I have.

Q: HOW DID IT MAKE YOU FEEL?

JESS: It made me feel sad.

Q: WHAT DID YOU DO TO MAKE UP?

JESS: I spoke to her honestly about my feelings.

Bullying

Bullying is where someone is purposely made to feel hurt or sad by another person.

We usually call these hurtful actions bullying when they happen repeatedly. Bullying can seriously affect how people feel about themselves or others around them.



★ Verbal Bullying

Threatening
Calling people rude names
Making fun of people to get a reaction
Spreading rumours about someone

★ **Anti-Bullying Week** is taking place from **14th-18th November 2020**. It's important to remember what bullying is and what we can do about it. Make sure 'banter' hasn't gone too far and remember to listen to your **Early Warning Signs**.

★ These can happen online too—this is known as **Cyber Bullying**

★ Emotional Bullying

Making fun of people behind their back
Leaving people out on purpose
Damaging someone's things
Making people do something they don't want to do

★ Physical Bullying

Hitting
Punching
Kicking
Biting
Spiting
Pushing

★ **Bullying can make people feel...** isolated and alone. It may have an effect on the way people see themselves, resulting in low self-confidence. Bullies may turn people's friends against them meaning they feel they have no one to talk to about how they feel. The person may feel trapped and just start accepting the fact they are being bullied, which isn't right or fair.

★ Bullying

...and how to cope



Sometimes, bullying can lead to some physical signs, we call these **Early Warning Signs**. These are things that we can feel in our body when we feel unsafe, such as getting a **dry mouth, fast heart rate, butterflies in our stomach, wobbly knees** etc. Recognising these **Early Warning Signs** can help to protect yourself.



★ Children's team member, Ophelia, says...

If you are being bullied, or you think someone else is...

- Always **tell a trusted adult** (this should be someone over 18 that you can trust) - parents, teachers, other family members, or Childline
- Try to **stay far away from the bully** if you are on your own
- If you are being bullied, **try not to retaliate** — if you start doing mean things back you could get in trouble yourself.
- You can **keep a record of how the bully has made you feel** or what they have done to show to a trusted adult
- If you feel safe enough, you may want to **tell the bully how you feel and tell them to stop**.

★
"You could tell your parents or another family member"
★



★ **The Young Reporters suggest these tips if you think your friend is being bullied:**

.....
"Stick up for your friend"
.....

"Tell a teacher or someone else in charge at the school if it's happening there."
.....

"Find out who the bully is then tell a parent, teacher or trusted adult."
.....

"Tell them to stand up for themselves and talk to the bullies and tell them what they are doing is wrong"
.....

"Stick by your friend and make them feel happy"
.....

BE A HELPFUL BYSTANDER

A bystander is someone who sees or knows about bullying that is happening to someone else.

Helpful bystanders can be part of the solution by trying to help the person who is experiencing the bullying. You can do this in a lot of different ways, it's really good to choose an option which feels safe and comfortable for you. For example, you could: check and ask if the child is okay or tell a trusted adult about the problem.

Are you ok? I'm going to tell the teacher.



I'm just going to ignore it

Hurtful bystanders become part of the problem. Hurtful bystanders choose to either join in with the child who is choosing bullying behaviour or they can decide to ignore it. By ignoring the problem or thinking "at least it's not me", you can be giving the bullies the "okay" to carry on with their behaviour.

What will you do? Imagine a new child has started in your class at school. In the playground, one of your classmates starts calling the new child names. One of your friends laughs along and also starts calling the new child rude names. The new child is clearly upset. Use STOP THINK GO (from issue 5) to help you — will you be a helpful or a hurtful bystander?



How does this situation make you feel? Try thinking of different words to describe the way you're feeling. Do you have your Early Warning Signs?



What are the different options you have here? Positive and negative ones! How do these different options make you feel? What are the good and bad outcomes from these different choices?



Now you've weighed it up, make a safe choice

EXTRA HELP

If you are feeling worried during this time, know that you have the right to speak to someone about it. Your worry is not too big or too small to talk about.

Childline have online advice about the different types of bullying, and how you can get help and support. Childline are also available to contact by phone (0800 1111), online with a 1-2-1 counsellor, or by email (which may take a little bit longer). All you have to do is create an account on their website, and you are able to contact them in whichever way you feel comfortable.

YoungMinds has a bank of information surrounding racism and mental health that is easily accessible. They have resources on how racism can affect our mental health, how to identify racism, and how to report hate crimes. They can be found at young-minds.org.uk

Kidscape provide support for young people who are being bullied, and deal with topics such as: why it happens, where to get help, and how to deal with it. They have information on different tools to combat bullying, for example using assertiveness to stand up for yourself. Kidscape can be accessed via kidscape.org.uk and is free

The Anti-Bullying Alliance is a group that aim to stand united against bullying. On their website, they provide information and guidance for those who are being bullied, or those who witness bullying. They also have videos on YouTube with more information. You can find these by searching YouTube for the Anti-bullying Alliance, or go straight to their website at anti-bullyingalliance.org.uk

Allsorts Youth Project is a local organisation to Brighton that supports children and young people under the age of 26 who are LGBT+ or unsure of their gender identity and/or sexual orientation. They have an online database full of toolkits, videos, zines and more, that cover a range of topics; including discrimination and bullying. They can be found at allsortsyouth.org.uk.

WE WANT YOU! Would you like to be involved with our e-zine? To share your experiences or create photo content? You can become one of our Young Reporters and receive a **Little Young Reporters pack** in the post! To volunteer, please email ruth.davey@safety-net.org.uk

★ This issue of our Young Safety Net E-zine wouldn't have been possible without contributions from Isaac, Luke, Jess and Zak who shared their advice about starting back at school.

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