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HOW TO STOP BULLYING OTHERS: 7 PRACTICAL TIPS

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HOW TO STOP BULLYING OTHERS: 7 TIPS

We recently found that 1 in 2 people have bullied another person at least once. Bullying is one of the biggest issues currently affecting young people and we believe that we can overcome it, if we start to think differently about how we resolve things.

We believe that nobody is ever a bully. They may be bullying somebody, which is a behaviour, but it isn't who they are as people. Our experts have compiled together 7 practical tips which are designed to help you stop bullying others by enabling you to understand your behaviors better and equipping you to resolve them in more effective ways.

1. YOU ARE NOT A BULLY

First and foremost, stop labeling yourself as a bully. It isn't productive and will not benefit you. You may be bullying another person but that does not mean you are a bully. It is a behaviour and not your identity.

2. UNDERSTAND WHY

Our research shows that there are a variety of reasons why people bully others. Bullying is a learned behaviour and is often used as a coping mechanism for a stressful situation. Common examples co

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include being bullied by somebody else, abuse, a traumatic situation or a stressful home life. In addition, we also know that some people bully others because they may feel competitive towards them or they may not fully understand an element about them. Once you are able to gain an understanding as to why you are motivated to bully others, this will give you hugely valuable insight.

3. SEEK A RESOLVE

Once you have identified the source of your behaviour, it is important to find a productive way in which you can resolve the situation. If you find this difficult, we would recommend speaking with an adult who you trust.

Alternatively, you can contact us or give our friends at Childline a call on 0800 11 11. Believe us when we tell you that you are deserving of support.

4. REPROGRAM YOUR STRESS

What is the one thing that we all have in common? Stress. We all feel it, but it's important to recognise stress and deal with it accordingly. By that, we mean – don't store it up and let it fester, as it can have significant impacts on your mood and health. Give our system a try.



5. SPEAK ABOUT IT

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You'd be surprised at how powerful it can be to just sit down with somebody who you trust and talk about everything that is bothering you. A problem shared, really can be a problem halved. It may be worth buddying up and going through our Stress Reprogramming exercise with somebody who you trust.

6. IS IT A GOOD STRATEGY?

Pulling somebody else down will never, ever take you any higher. Using bullying as a coping mechanism for something stressful in your life is only going to make things worse; not just for you but also for the person who is at the receiving end of the bullying.

Want daily positivity and inspiration?

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7. UNDERSTAND THE IMPACT

To you, it may not seem serious, but to another person, the impact could be significant. For every 10 people who are bullied, 3 of them will self-harm, 1 will go on to have a failed suicide attempt and 1 will develop an eating disorder. Additionally, we know that people who have been bullied, on average, achieve lower grades and therefore the bullying could reduce their future career prospects.

Above everything, we would encourage you to please speak to somebody and seek the support available.

This could be a Ditch the Label Mentor who will offer non judgmental advice and support.

If you'd like to chat,
here for you.

today – we're

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