

**THINK
B4U
BULLY**

**BE A BUDDY
NOT A BULLY**

NOT BIG

NOT CLEVER

NOT ACCEPTABLE .

NORFOLK
LGBT+
PROJECT

SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk


EDUCATING
WITH
PRIDE
AWARD
Promoting LGBT+ Inclusionity

CONTENTS

Introduction	3
What is homophobic, biphobic and transphobic bullying and language? . . .	4
Bullying come in many forms	6
Forms of bullying	7
Methods of cyberbullying	1
LGBTQ+ bullying and mental health . . .	12
Bullying at school	15
Reporting bullying	16
BLAH LGBTQ+ Youth Support	18
How we can support you	19

NORFOLK
LGBT+
PROJECT
SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk

Registered Charity No. 1129770

INTRODUCTION

LGBTQ+ bullying is any bullying behaviour where someone feels they are targeted for their sexuality and/or gender (whether actual or perceived). It can start from a young age, often because of learned behaviours and attitudes, and reinforcement of gender stereotypes. It can include homophobic, biphobic and/or transphobic comments and remarks but is just as likely to include other forms of bullying behaviour such as physical abuse, manipulation, coercion, or social exclusion. It can include experiences of sexual violence and harassment.

KIDSCAPE

While trying to cope with all the challenges of being a teenager, young LGBT+ people also must deal with harassment, threats and violence directed at them daily. LGBTQ+ teenagers are twice as likely to be called names, verbally harassed, or physically assaulted at school compared to their non-LGBTQ+ peers.

FAGGOT ■ TRANNY ■ FREAK ■ WEIRDO

Phrases such as these are heard daily by young LGBTQ+ people, have you ever heard someone say, "That's so gay" to indicate that something is stupid, negative, or girly? You'd be in the minority if you hadn't.

Lesbian, gay, bisexual, or transgender, queer (LGBTQ+) youth and those perceived as LGBTQ+ are at an increased risk of being bullied.

WHAT IS HOMOPHOBIC, BIPHOBIC AND TRANSPHOBIC BULLYING?

Educational establishments ought to be a safe place for every pupil, where they can continue to learn, grow, and shape a basis for future success.

For many pupils, school can be challenges but LGBTQ+ pupils still encounter a worrying amount of bullying and harassment.

LGBTQ+ youth are nearly twice as likely to be called names, verbally harassed, or physically assaulted at school compared to their non-LGBTQ+ peers. Their mental health and education, not to mention their physical well-being, are at-risk.

BIPHOBIC BULLYING is bullying based on prejudice or negative attitudes, beliefs, or views about, or behaviours towards, bi people. This can also include denying somebody's bisexual identity or refusing to accept it.

BIPHOBIC BULLYING may be targeted at children and young people who are openly bisexual, those who are questioning their sexual orientation, or who are suspected of being bisexual.

HOMOPHOBIC BULLYING is bullying that is based on prejudice or negative attitudes, beliefs, or views about, or behaviours towards, lesbian or gay people. Bisexual people can also be targeted by homophobic bullying if somebody thinks that they are lesbian or gay. Homophobic bullying can also include denying somebody's lesbian, gay or bisexual identity or refusing to accept it.

HOMOPHOBIC BULLYING may be targeted at children or young people who are, or who are perceived to be, lesbian, gay or bisexual. It can also suggest that someone or something is less worthy because they are lesbian, gay, or bisexual.

Homophobic bullying can be targeted at children and young people who have lesbian, gay or bisexual family members, and those who do not conform to gender stereotypes or are seen to be 'different' in some way, regardless of whether the person is lesbian gay or bisexual.

BIPHOBIC BULLYING is also often targeted at children and young people who have bisexual family members.

BIPHOBIC BULLYING may target children and young people with negative stereotyping (for example suggesting that they are greedy) or imply that being bisexual is a phase.

TRANSPHOBIC BULLYING is bullying based on prejudice or negative attitudes, views, or beliefs about, or behaviours towards, trans people, including non-binary people. This can also include denying somebody's gender identity or refusing to accept it.

Transphobic bullying affects children and young people who are trans,

including non-binary young people. It can also affect those who are questioning their gender identity as well as children or young people who are not trans but do not conform to gender stereotypes.

Transphobic bullying can also be targeted at children or young people who have trans or non-binary family members.

WHAT IS HOMOPHOBIC, BIPHOBIC AND TRANSPHOBIC LANGUAGE?

HOMOPHOBIC LANGUAGE is language that is used either with the intention, or has the effect, of discriminating against someone based on a person's actual or perceived lesbian or gay identity, or because they have lesbian or gay family members or friends. Bisexual people can also be targeted by homophobic language if somebody thinks that they are lesbian or gay. Homophobic language can also include denying somebody's lesbian, gay or bisexual identity or refusing to accept it.

BIPHOBIC LANGUAGE is language that is used either with the intention, or has the effect, of discriminating against

someone based on a person's actual or perceived bisexual identity, or because they have bisexual family members or friends. This can also include denying somebody's bisexual identity or refusing to accept it.

TRANSPHOBIC LANGUAGE is language that is used either with the intention, or has the effect, of discriminating against someone based on a person's actual or perceived trans or non-binary identity, or because they have trans or non-binary family members or friends. This can also include denying somebody's gender identity or refusing to accept it.



PHYSICAL



PSYCHOLOGICAL

BULLYING COMES IN MANY DIFFERENT FORMS

HOMOPHOBIC

TRANSPHOBIC

BIPHOBIC



VERBAL BULLYING



CYBER-BULLYING

FORMS OF BULLYING

PHYSICAL

Physical bullying is the most noticeable form of bullying. It occurs when people use physical actions to gain power and control over their targets.



Physical bullies tend to be bigger or stronger and more aggressive than their peers.

Examples of physical bullying include kicking, hitting, punching, slapping, shoving and other physical attacks.

Unlike the other forms of bullying, physical bullying is the easiest to identify.

As a result, it is most likely what people think of when they think of bullying.

**“Every day when walking down the corridor in school I would get a smack around the head and get called a faggot”
C. 19.**

PSYCHOLOGICAL

Psychological bullying can be defined as any kind of intentional and purposeful mental abuse.

Sometimes people may feel as though they've been abused because something happened that hurt them emotionally, but it would generally only qualify as bullying if it were done purposefully, especially with malicious intent.

One of the most common tactics used during psychological bullying is to personally attack people. When this happens, the bully may make jokes about some weakness or physical flaw in an individual.

This is often done in front of other people for comedic purposes, or as a way to elevate the bully above his victim in the eyes of his peers.



**“I used to love P.E but I became the butt of everyone’s joke when it became known round school that I was bisexual. The girls would leave the changing room screaming and laughing thinking that I would stare at them in the showers once they were naked”
T. 17.**

VERBAL BULLYING

Verbal bullies use words, statements, and name-calling to gain power and control over a target.

Typically, they will use relentless insults to belittle, demean and hurt another person. They choose their targets based on the way they look, act or behave.

Verbal bullying is often very difficult to identify because attacks almost always occur when adults aren't around, as a result, it is often one person's word against another.

Furthermore, many adults feel that things kids say don't have a significant impact.

As a result, they usually tell the victim of bullying to “ignore it.” Verbal bullying and name-calling has serious consequences.



**“Dykey, beaver eater, man hater.... They were just a few names that I was called at school, it soon wore my confidence down”
A. 16.**

CYBER-BULLYING

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as mobile phones, computers and tablets as well as communication tools including social media sites, text messages, chat, and websites.



It is a growing issue among young people. It's also becoming more widespread because bullies can harass their targets with much less risk of being caught.

Cyberbullies often say things that they do not have the courage to say face-to-face because technology makes them feel anonymous, insulated and detached from the situation. As a result, online bullying is often mean and cruel.

To the targets of cyberbullying, it feels invasive and never ending.

Bullies can get to them anytime and anywhere, often in the safety of their own home. Consequently, the effects of cyberbullying are significant.

LGBT+ cyberbullying is cyberbullying where the victim of the negative behaviour is an LGBT+ person or the LGBT+ community in general. It can also be where the victim is thought to be LGBT+. In other words the main reason for the harassment is the sexual orientation or gender identity of the victim.



METHODS OF CYBER-BULLYING



LGBTQ+ BULLYING AND MENTAL HEALTH

Despite a growing of acceptance from the wider society of LGBT+ people, bullying of LGBTQ+ pupils remains a problem in schools and research shows that bullying on the basis of an individual's sexuality or gender identity has a negative on their mental health.

LOW SELF-ESTEEM

RISK TAKING **INSOMNIA**

RECLUSIVENESS **GUILT**

LOSS OF APETITE **SUICIDE** **UPSET STOMACH** **BEING SECRETIVE** **LOW ENERGY** **FEELING HELPLESS** **LONELINESS** **SELF HARM** **ANXIETY** **NERVOUSNESS** **DEPRESSION** **ACHES** **PAINS** **HEADACHES** **MIGRAINES** **CHEST PAINS** **PROTECTIVE** **WITHDRAWAL** **MOOD SWINGS** **ACTING OUT**

AVOIDING **FEELING HELPLESS** **LONELINESS** **SELF HARM** **ANXIETY** **NERVOUSNESS** **DEPRESSION** **ACHES** **PAINS** **HEADACHES** **MIGRAINES** **CHEST PAINS** **PROTECTIVE** **WITHDRAWAL** **MOOD SWINGS** **ACTING OUT**

BEING DISTRUSTFUL **PROTECTIVE** **WITHDRAWAL** **MOOD SWINGS** **ACTING OUT**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

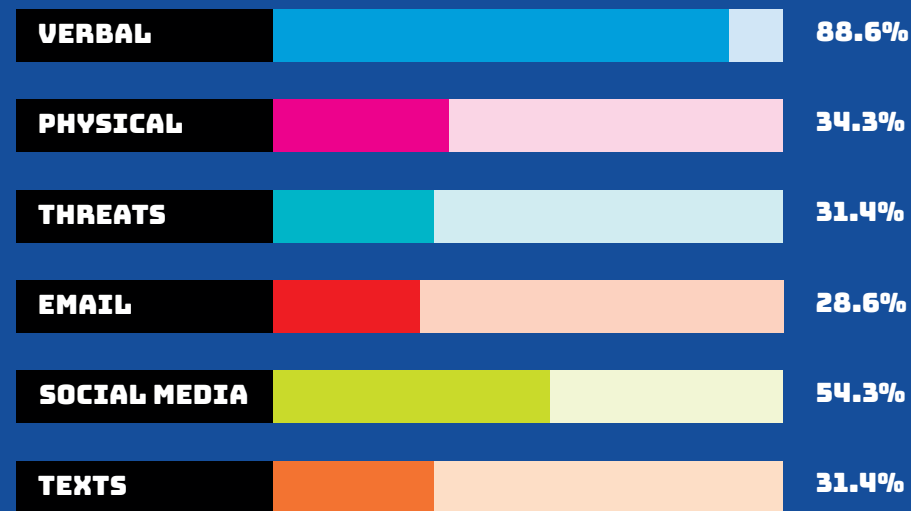
CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

CHANGES IN MENSTRUAL CYCLES **COLDS AND INFECTIONS**

NORFOLK LGBTQ+ YOUTH

BULLYING STATISTICS 2020

70% of young LGBT+ young people experience bullying whilst in education.



88.1%

do not feel that the bullying was addressed effectively

72.5%

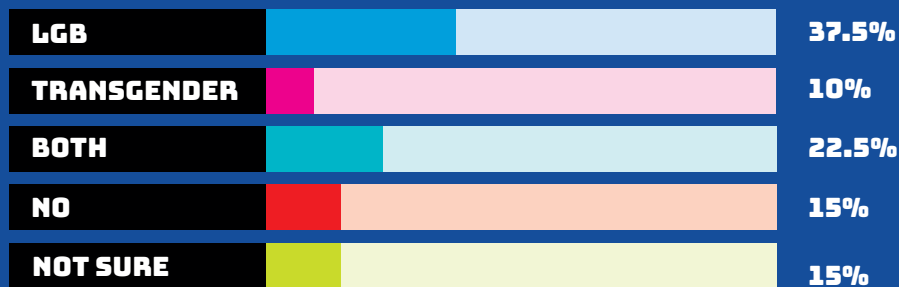
do not feel safe at schools

NORFOLK LGBT+ YOUTH

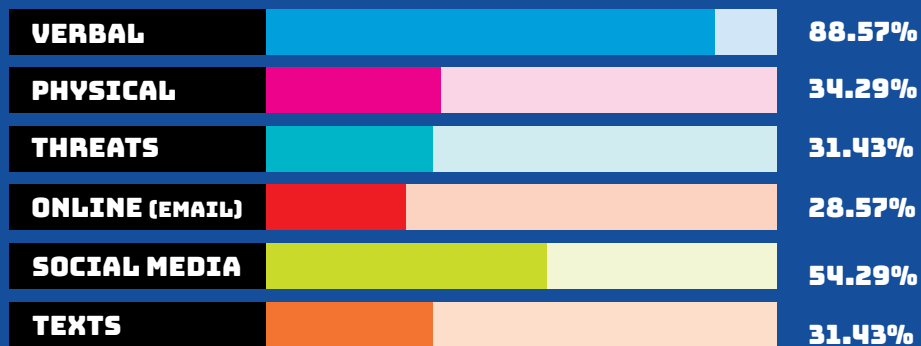
BULLYING STATISTICS 2022

EDUCATION

At school, have you experience bullying because you're?



If so, was the bullying?



Do you feel the bullying was effectively addressed at school?

YES: 11.9%
NO: 88.1%

Do you feel safe at school as an LGBT+ individual?

YES: 27.5%
NO: 72.5%

BULLYING AT SCHOOL

Section 89 of the Education and Inspections Act 2006:

Section 89 of the Education and Inspections Act 2006 states that maintained schools must have measures to encourage good behaviour and prevent all forms of bullying amongst pupils. Some schools choose to include this information in an anti-bullying policy, whilst others include it in their behaviour policy.

Anti-bullying Alliance believes that for the purpose of clarity it is better to include it in an anti-bullying policy that is separate to the behaviour policy, but which cross refers to the behaviour policy if necessary. These measures must be communicated to all pupils, school staff and parents.

The head teacher must follow through and adopt the policy and all students, parents and teachers should be notified of it once it has been decided. Pupils should be

involved in both the drafting of their anti-bullying policy and its monitoring, by being encouraged to discuss the policy and its effectiveness. Involving pupils in this way is compatible with children and young people's rights to participate under Article 12 United Nations Convention on the Rights of the Child 1989.

Academies, Free Schools and Independent schools

The Independent School Standards (England) (Amendment) Regulations 2012 state that the proprietor of an academy or other independent school is required to ensure that an effective anti-bullying strategy and health & safety strategy is drawn up and implemented.

ANTI-BULLYING ALLIANCE

REPORTING BULLYING

You should report bullying to your school in the first place – or someone you trust if it happens outside school, for example in a club or online. As mentioned on page 15, all schools must have an anti-bullying policy in place.

School staff will deal with bullying in different ways, depending on how serious the bullying is.

They might deal with it in school, for example by disciplining bullies, or they might report it to the police or social services.

Any discipline must take account of special educational needs or disabilities that the pupils involved may have.

Anti-discrimination law

Schools must also follow anti-discrimination law. This means staff must act to prevent discrimination, harassment, and victimisation within the school. This applies to all schools in England and Wales.

The law

Some forms of bullying are illegal and should be reported to the police.

These include:

- Violence or assault.
- Theft.
- Repeated harassment or intimidation, e.g., name calling, threats and abusive phone calls, emails, or text messages.
- Hate crimes – This includes an individual's sexuality or gender identity.

Where to go for help.

- Speak to a trusted adult
- **Report** abuse on social media or gaming platforms using the report button
- Contact **www.bullying.uk** who also have a confidential online chat or call **0808 8002222**
- Sign up to **Kooth.com** for confidential advice from healthcare professionals.
- Ring **101** for advice from the police, or ring **999** in a emergency



NORFOLK
CONSTABULARY

Our Priority is You

STOP
BULLYING





Providing free one- to- one support to LGBTQ+ children and young people as well as those questioning their sexuality or gender identity aged 25 and under in Norfolk and Waveney.

Our BLAH LGBTQ+ Youth groups provides facilitated support and social opportunities. The goal of these youth groups is to create a space where you can hang out with other LGBTQ+ young people and make some new friends – all in a safe and respectful environment!

Visit our website and the What's On section for dates of our youth group sessions.

Our aim is to make this support as open and welcoming as possible, therefore our one-to-one support can be accessed face-to-face, email, phone, WhatsApp or via a video call.



www.norfolklgbtproject.org.uk

BLAH LGBTQ+ Youth Norfolk and Waveney is part of Norfolk LGBT+ Project. Registered Charity No. 1129770

Email: info@norfolklgbtproject.org.uk
Phone: 01603 219299
Mobile/WhatsApp: 07526635616



HOW CAN WE SUPPORT YOU?

Our aim is to support you the best way we can, we tailor the support that suits your needs.

zoom

1:1 appointments online



We can arrange a time that suits us both



07526635616



referral@norfolklgbtproject.org.uk



1:1 face to face appointments



Using messenger or Face Time

NORFOLK
LGBT+
PROJECT
SUPPORT INFORMATION ADVICE

www.norfolklgbtproject.org.uk

10 Cathedral Street
Norwich
Norfolk
NR1 1LX

Every effort has been made to ensure that the Information provided is accurate.

Norfolk LGBT+ Project is unable to accept responsibility for any action resulting from the information contained herein.

All views contained herein are not necessary the views of staff or volunteers of Norfolk LGBT+ Project.

info@norfolklgbtproject.org.uk
www.norfolklgbtproject.org.uk

Registered Charity No. 1129770

SCAN TO DONATE



Thank you for making a difference

