



**BULLYING AWARENESS**



# WHO ARE WE?

The Epping Forest Youth Council, also known as EFYC, are 21 democratically elected young people aged between 13 and 19 years from the Epping Forest District. In April 2014 elections took place to form the 2014-2016 Youth Council.





# OUR MANIFESTO...

- Give young people a voice and a say in their local area
  - To make a difference in our community
  - Challenge negative stereotypes of young people and raise the positive profile of young people

- Promoting Bullying Awareness week throughout the district
- We have monthly meetings to discuss matters that effect young people
- We offered our support at the Fyfield Fun day to raise funds for the Help the Heroes charity
- We recently held a Youth Conference during Local Democracy Week to find out what you want us to do for you



## WHAT WE ARE WORKING ON...

- Working with other local schools to improve working relationships
- Suggesting and promoting volunteering opportunities
- Promoting the Young Citizen of the Year 2015 award

PROJECT WE ARE  
LAUNCHING THIS WEEK...

Let's stop bullying for all

Anti-Bullying Week



17-21 November 2014





# AIMS OF THE BULLYING AWARENESS PROJECT

- To reduce bullying that takes place in the Epping Forest District
- To raise awareness of this worldwide issue
- To sign-post victims of bullying to the appropriate helplines which offer advice and support

# WHAT IS CLASSIFIED AS PHYSICAL BULLYING?

- Pushing
- Beating
- Tripping
- Making rude gestures
- Kicking
- Punching



# WHAT IS CLASSIFIED AS CYBER BULLYING?

- Online harassment
- Sending nasty images or messages
- Posting negative stuff on social media e.g. Facebook and Twitter

# WHAT IS CLASSIFIED AS VERBAL BULLYING?

- Name calling
- Teasing
- Inappropriate sexual comments
- Taunting
- Spreading rumours
- Sarcasm

# WHAT CAN YOU DO?

- Educate yourselves on the effects of bullying
- Acknowledge the different forms that bullying can take
- Protect yourselves on social media, by changing your privacy settings
- Support each other in all circumstances

# WHAT CAN YOU DO?

- Speak to a trusted adult or reliable friends
- Stand up and speak out
- Find the right source of help for you
- **TREAT EACH OTHER WITH RESPECT**

# USB WRISTBANDS

- We have designed and produced a USB wristband containing important and useful information about where to get support and advice on Bullying
- We will be distributing these wristbands to all Year 9 pupils within the next term






# THANK YOU

- We hope to have raised awareness on the important topic of Bullying and we hope you will support us with promoting our Bullying Awareness Project

**REMEMBER...**

**#URNotAlone**

For further information visit  
[www.eppingforestdc.gov.uk/bullying](http://www.eppingforestdc.gov.uk/bullying)

Twitter: @eppingyc 

Facebook: EFYC - Epping  
Forest Youth Council 