



Cope at School

Bullying

Some people take any sign of someone being different to them as an excuse to bully them. Having a bleeding disorder can mean that sometimes you make decisions about what you can do that make you stand out from the crowd. Unfortunately, sometimes that might lead to some unwanted bullying behaviour.

Another problem can be that your school or your parents are so worried about you because of your bleeding disorder that they go too far to try and protect you. This not only doesn't give you the space to be you but it can feel very isolating and sometimes make any problems with bullying much worse.

Bullying is much more common than many people think. If it's happening to you the chances are it's happened to other people who use this site too. Sometimes hearing how someone else sorted it out can give you ideas about how to tackle things yourself. In the meantime, here are a few ideas that might be useful.

Stand your ground. A lot of people who bully pick on people they think are weak and won't stand up for themselves. The chances are you've had to deal with much bigger issues and more frightening things in your life than they have. If you stay confident and relaxed then you can make it much harder for a bully to have a go at you.

Try not to react. We're not saying this is easy. It can be very hard to take when someone is in your face and giving you a hard time. A lot of the time a bully is looking for a big reaction to make them feel like they are more important to you than you really are. It's easy to get angry and give them what they want but if you do the chances are they'll be back for more before too long.

Ask for help. One of the reasons people sometimes get away with bullying for longer is that the person being bullied doesn't get help to deal with it. Help can come from all sorts of places. If the bullying is happening at school or college talking to a member of staff can help a lot. Alternatively, talking to your friends can help. They might be able to make sure you're together at key times or even help you stand up to a bullying behaviour when it's going on. There are also lots of other organisations that can help - some of which are listed on this page.

Apart from that the best advice we can give you is to try and stay positive and whatever happens don't get drawn in to fighting with bullies. If you do you can often end up in as much trouble as they are and things can quickly get out of hand.

Check out the links below - but please surf with care! The Haemophilia Society is not responsible for the content of other sites.

How we can help with school problems

Do you have problems at school, like teachers not understanding, getting time off or out of lessons, getting extra time in exams, accessing lessons on top floors, getting buses or transport to school, or even getting into the school or college of your choice?

We can help with all of these - just get in touch.

Related Links



Anti-Bullying Alliance The Anti-Bullying Alliance (ABA) was founded by NSPCC and National Children's Bureau in 2002. It is hosted and supported by NCB. The Alliance brings together 65 organisations into one network with the aim of reducing bullying and creating safer environments in which children and young people can live, grow, play and learn.



Anti-Bullying Network The Scottish Executive established the Anti-Bullying Network in 1999 so that teachers, parents and young people in Scotland could share ideas about how bullying should be tackled.



Beatbullying Beatbullying aims to reduce and prevent the incidence and impact of bullying, (physical, emotional, verbal, genderised, racist, inter-faith, homophobic) between young people.



Bullying Online Bullying Online helps thousands of pupils and their parents deal with school bullying every year and our website is also used as a teaching resource. Many large charities also refer people to us.

