

Transcript for **I've experienced bullying**

- Teen 1:** I've experienced bullying!
- Teen 2:** I've experienced bullying!
- Teen 3:** I've experienced bullying!
- Teen 4:** I've experienced bullying!
- Teen 5:** I've experienced bullying!
- Teen 2:** In school I was bullied because I looked different.
- Teen 3:** I was made fun of because I couldn't run as fast as the other kids.
- Teen 4:** The people who bullied me were my friends.
- Teen 5:** But I was pushed and called names.
- Teen 1:** A girl in my class turned all my friends against me.
- Teen 3:** Being bullied made me feel kind of insignificant.
- Teen 4:** Horrible and sad and lonely.
- Teen 2:** Bad, like being myself was wrong.
- Teen 1:** It made me feel like no one liked me.
- Teen 3:** And it also made me feel really upset.
- Teen 5:** And made me question: why was it happening to me?
- Teen 4:** Are they saying this as a joke or are they saying this cos they really don't like me? Do they really hate me?
- Teen 3:** And I felt like there was no way out.
- Teen 1:** And that I was completely alone, which wasn't true.
- Teen 4:** In the end I told a teacher and I stopped hanging out with them.
- Teen 5:** I spoke to my parents.
- Teen 3:** Distancing myself from the bullies was probably the best decision that I've made.
- Teen 4:** Because I didn't want their negative energy to affect me any more.
- Teen 2:** If you're experiencing bullying ...
- Teen 3:** ... or you know someone who is ...
- Teen 1:** ... speak up.
- Teen 4:** Get support.
- Teen 5:** Don't let it get locked up in here.
- Teen 3:** Surround yourself with friends and family.
- Teen 2:** People care about you.
- Teen 1:** Talk to a parent, teacher or trusted adult about how you are feeling.
- Teen 5:** And you'll find once you tell, it'll start to get better.
- Teen 3:** There's loads more information about tackling bullying on the CBBC website.
- Teen 1:** What do we think about bullying, Cotton? Not much!