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Children and young people who have experienced bullying are more likely to:

- Face barriers to learning
- Retaliate
- Place strain on families/carers
- Self-harm and experience depression
- Have impaired wellbeing

Long-term impact

- experience a range mental health issue as an adult including suicide ideation
- earn less money
- not be in employment, education or training into adulthood
- be obese (particularly in women)
- gain qualifications
- not be in stable relationships
- Other research shows people who were bullied as children are more likely to:
  - commit or be a victim of domestic violence
  - be homeless

reference: Anti bullying alliance

### Dialectical behaviour therapy

- 1) Has your teenagers school attendance dropped as a result of bullying?
- 2) Does your teenager have trouble getting to sleep and staying asleep?
- 3) Your teenager has an overwhelming feeling of being watched at night
  - 4) Has come off social media
  - 5) Feels overwhelmingly sad and lonely
  - 6) Feels constantly anxious
  - 7) Shows flashes of anger followed by tears
- 8) Avoiding situations that trigger memories of the event

### The group will need seven participants to run

How much is the six-week block?

**£120**

How many teenagers will be in the group?

**No more than 8**

What is the duration of the sessions?

**90 minutes**

Where will the sessions be held?

**In a private meeting/training room in Morecambe**

How do I book onto the group?

**In the first instance you can send an expression of interest email, with a little bit of context. Age, self-harming behaviours, previous support, etc**

Do the sessions need to be paid in full before the group sessions start?

**Yes**

**Terms and conditions of participation**

**Nobody is rude or aggressive to the members of the group.**

**Nobody is rude or aggressive to the facilitator.**

**Members should not arrive for group participation under the influence of alcohol.**

**Members should not arrive for group participation under the influence of any substance that could impair cognition.**