

Brought to you by Student Development & Counselling Department

Being Bullied?

WHAT CAN I DO FOR MYSELF
AND OTHERS



What is bullying?

Bullying is when a perpetrator intentionally exhibits aggressive behaviour towards a victim, repeatedly causing them harm or discomfort.



What does bullying look like?

- **Physical Bullying** - kicking, hitting, biting, pinching, hair pulling or making threats if you don't follow what they say
- **Verbal Bullying** - calling you names, spreading rumours or constantly mocking you
- **Emotional Intimidation** - isolating or excluding you from the rest of the group
- **Prejudicial Bullying** - making racist remarks, mocking another person's customs or acting offensively
- **Sexual Bullying** - unwanted physical contact or abusive comments
- **Cyberbullying** - using electronic devices and social media platforms to threaten, harass, humiliate, embarrass or target another person



How does bullying impact someone?

When someone is being bullied, they can experience a range of negative consequences that affect their physical, social, emotional, academic and mental health. These effects may include, but are not limited to:

- Feeling down or depressed
- Feeling anxious
- Increased feelings of sadness and loneliness
- Changes in sleep patterns
- Changes in eating patterns
- Loss of interest in activities they used to enjoy
- Impact on their social lives
- Health complaints
- Decreased academic achievement
- Missing, skipping or dropping out of school
- Acting out violently



What can I do?

What can we do if we or someone else is being bullied?



Seek support from your loved ones



Report to an authority figure that could help you



Spend time with the people who care about you



Lessen your time being on social media



Learn more about how you can take care of your well-being



Confide in your Counsellor



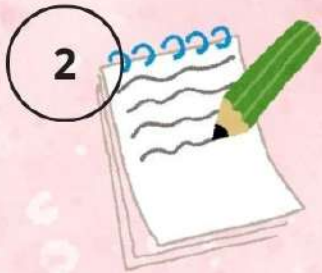
What should you do if you are bullied?



1

Communicate your discomfort to the perpetrator

Clearly and firmly state that you object to their behaviour and set boundaries.



2

Record each incident in writing

Describe it in full detail including the date, time, location, witness and any evidence, as these are important for taking action later.



3

Get emotional support

Talk to your colleagues, friends, classmates, family, housemates etc. There are hotlines available as well if you want to share anonymously.



4

File a police report

If you feel your safety is at risk, file a police report immediately.

WHAT IF IT HAPPENS ON CAMPUS?

You can immediately report the incident to your respective Faculty or Institute or Student Affairs and Alumni Division.

Email: saaenquiries@ucsiuniversity.edu.my

Location: Level 9, Block G, UCSI University KL Campus

Facebook Page: UCSI SAA

If you would like to receive emotional support,
our counsellors can be reached at:



Student Development and Counselling Department

Operation hours:

Monday - Friday (9am - 6pm)

Saturday (9am - 1pm)

Phone: 03-91018880

Email: sacounselling@ucsiuniversity.edu.my

Facebook: UCSI SDCD

Location: Student Affairs and Alumni (SAA), Level 9,
Block G, UCSI University KL Campus

