

SHINE
TOGETHER

STAND
KIND

SPEAK
UP

HUMAN &
EQUALITY
RIGHTS

MENTAL AND PSYCHOLOGICAL EMOTIONAL BULLYING & RACISM



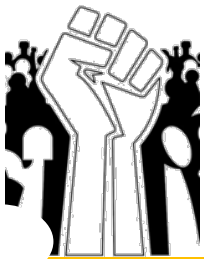
Mental and Psychological Emotional Bullying

Mental or emotional bullying is just as damaging — even when it's silent.

It targets a person's **confidence, identity, and sense of belonging.**

Examples include:

- Name-calling, teasing, or humiliation
- Spreading rumours or false information
- Excluding or isolating someone socially
- Manipulating emotions, guilt, or fear
- Online harassment, death threats and cyberbullying
- Verbal cruelty and intimidation



Racism

Racism is not just about words or actions – it's about prejudice, exclusion, or unfair treatment based on race, ethnicity, or skin colour. It can appear in classrooms, workplaces, communities, or online.

Examples include:

- Using offensive language or slurs
- Making assumptions or stereotypes about someone's background, religion, race, ethnicity, beliefs, gender inequality, and identity.
- Excluding individuals from activities or opportunities
- Cultural disrespect or mockery
- Unequal treatment in rules or expectations

Equality in Action – Kindness Without Barriers

We stand firmly against racism, discrimination, and stigma in all forms. Every person – regardless of their background, culture, or identity – deserves to be treated with dignity, fairness, and respect. Racism harms not just individuals – it divides communities. Recognising it is the first step toward change.

We recognise that Mental and Emotional Bullying often leaves no visible marks – but its impact can be just as painful and long-lasting as physical harm. Emotional bullying attacks a person's sense of self-worth, safety, and belonging. It can cause deep internal scars that affect how someone thinks, feels and connects with others.