



Pause for thought

There are several things that make us all appear different to each other. This might be the way people dress, hair colour or style, height or a scar.

However, no one should be bullied due to being different.

If you are being bullied due to your appearance just remember that you are your own person and no one can take that away from you.

People are there to help and support you, even though you might feel that they are not.

You just need to take the first step towards finding the help.



Services available

Ditch The Label -
www.ditchthelabel.org

British Skin Foundation -
www.britishskinfoundation.org.uk

Public Health England Obesity Knowledge and Intelligence -
www.noo.org.uk

Royal National Institute of Blind People -
www.rnib.org.uk

The Sophie Lancaster Foundation -
www.sophielancasterfoundation.com

Please note: Stamp Out Bullying is not responsible for the content on these websites.

Stamp Out



Bullying

Appearance

A handy guide on appearance related bullying

stampoutbullying.co.uk

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Definition

Appearance is defined as “the way that someone or something looks” ¹.

Everyone is different and most of us look different in one way or another.

However, these differences can sometimes lead to bullying ².

Research has shown that people with different appearances and skin disorders are often bullied which can lead to psychological effects ².

Some of these effects might be depression, anxiety, loneliness and self esteem problems.

These problems should be investigated and without help they might continue and could get worse.

See section “What to do”.

¹Oxford English Dictionary (2012)

²Magin, P. (2013). Appearance-related bullying and skin disorders.

Common misconceptions

There are several misconceptions or stereotypes people might make when they see someone.

Certain things do not define who someone is, for example:

- glasses - do not make someone a “nerd”
- blonde hair - does not mean someone lacks intelligence
- weight or size - does not mean someone is lazy or does not eat enough
- piercings - do not make someone “scary”
- huddies - do not make someone a “thug”

It is important to try and not make misconceptions or stereotype towards people or a group of people for any reason.

Life would be a lot better and happier without bullying.

This starts with thinking about what you are saying before you say it and how you would feel if it was you on the receiving end of what you might be thinking of saying.

What to do

If you are being bullied due to your appearance you might feel that you are to blame.

However you are not, everyone is different and that is what makes us unique, the world would be a very boring place if we all looked the same; just imagine it.

You might also feel down and like no one understands how you feel, but there are lots of people out there who do understand how you feel and you should never feel alone, talking to your friends or family should help.

If you feel they do not help or do not feel comfortable talking to them, several services are available to you and some of them are listed on the back of this leaflet.

