

**DITCH
THE LABEL**

THE ANNUAL BULLYING SURVEY 2020.

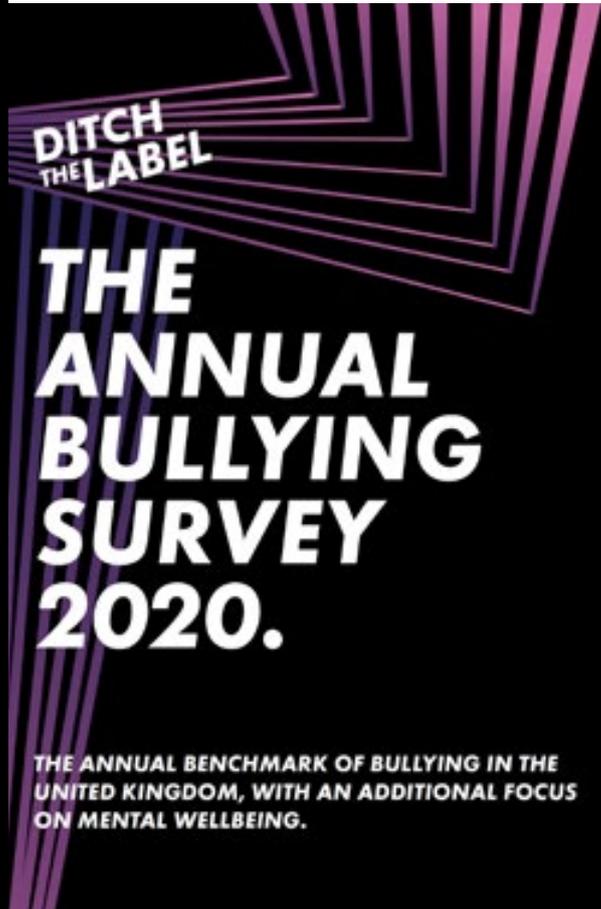
**THE ANNUAL BENCHMARK OF BULLYING IN THE
UNITED KINGDOM, WITH AN ADDITIONAL FOCUS
ON MENTAL WELLBEING.**

Visit DitchtheLabel.org for the largest youth support hub in the world.

First published in November 2020 by Ditch the Label. You are free to distribute this report but it may not be reproduced without prior written consent. Any information from this report used in external documents must be adequately referenced. All graphs and charts are hand illustrated and therefore may not be to scale, always refer to the percentages and frequencies shown.

Copyright 2020 Ditch the Label®. All rights reserved. Registered charity No. 1156329.

CONTENTS



INTRODUCTION 04

- 04: About Ditch the Label*
- 05: About this research*
- 06: Executive Summary*
- 07: Honorary Preface*
- 08: Methodology*
- 09: Sample*

PART I: BULLYING 13

- 14: Bullying frequency*
- 16: Nature of bullying*
- 17: Perceived motive*
- 20: Impact*
- 23: Reporting*
- 25: Other responses*
- 26: Moral compass*

PART II: MENTAL HEALTH 32

- 29: Preface*
 - 30: Social esteem*
 - 31: Experiences*
 - 32: Contributors*
 - 33: Support and vocalisation*
-



**DITCH
THE LABEL**

WELCOME TO DITCH THE LABEL

LEADING THE WAY WHEN IT COMES TO UNDERSTANDING AND EMPOWERING YOUTH.

Ditch the Label is the older sibling to any young person struggling with issues from bullying, mental health, depression, online abuse and anxiety. It is estimated that every minute, at least one young person benefits from our help and support.

We don't sound like an adult and we don't hold judgement. That's why during 2019-2020, over 5 million young people aged 12-25 trusted us to help them navigate the tough stuff.

We're the only youth charity that delivers support based on Big Data to those most in need through the platforms they're already using.

Our manifesto is simple and consists of 3 core elements:

1. Understand the problem, by using research and big data and regularly listening to and learning from the lived experiences of young people.
2. To provide reactive support to those who need us, primarily through our online support community, website and in partnership with online games and social networks.
3. To affect culture and prevent issues such as bullying and poor mental health through the use of free educational resources available at DTLED.org and through our award-winning public awareness campaigns.

Our existence is threatened.

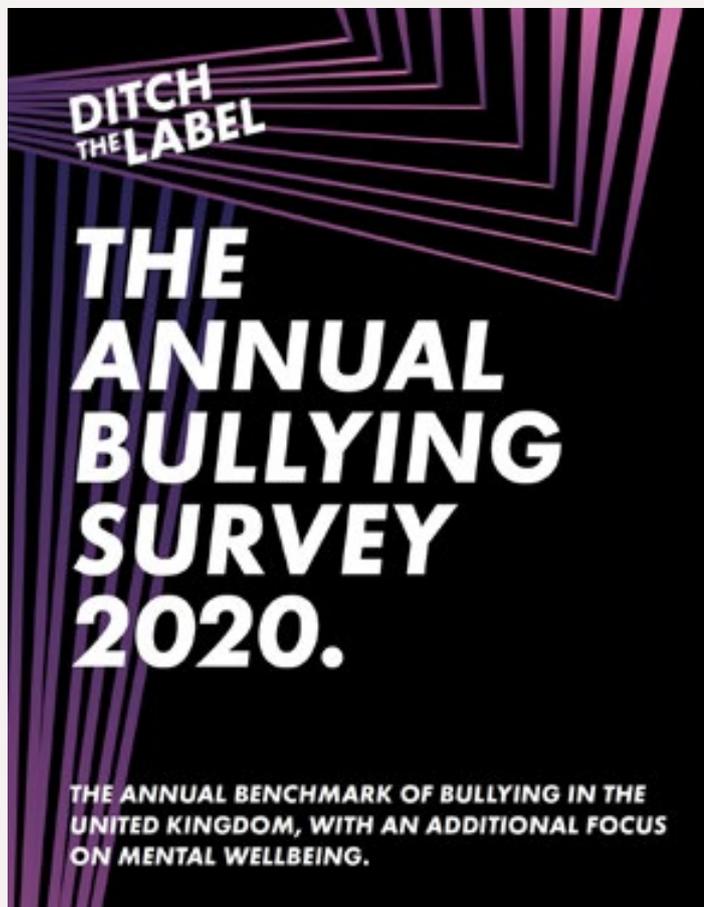
The current pandemic has seriously affected our funding.

As an independent charity, we are entirely reliant upon donations to fund our life changing work and without funding, Ditch the Label, a charity that so many young people depend upon, will cease to exist.

It costs as little as £3 to provide direct support to 1 young person in need. Please text DITCH 3 to 70085 to donate, or visit www.DitchtheLabel.org/donate to find out how you can support us.

Texts cost £3 plus one standard rate message and you'll be opting in to hear more about our work and fundraising. If you'd like to give £3 but do not wish to receive marketing communications, text DITCHNOINFO 3 to 70085.

ABOUT THIS RESEARCH



WELCOME TO THE ANNUAL BULLYING SURVEY 2020: THE LARGEST BENCHMARK OF BULLYING BEHAVIOURS IN THE UNITED KINGDOM.

This year, we are celebrating our eighth annual edition of this crucial body of evidence; documenting the true extent and nature of bullying behaviours from the real and often unheard voices of the young people who experience it.

Our research continues to influence policy and innovation within the anti-bullying sector; whilst empowering educators and various other stakeholders to make more informed decisions in the prevention of bullying.

We continue to utilise this vital research in our own work; powering the development of innovative new support interventions, ultimately aiding our mission to empower young people and

help them navigate the tough stuff.

As always, 50% of the report benchmarks bullying behaviours, with the remainder of the survey this year exploring the climate of mental wellbeing, loneliness and exploring the pressures that young people are experiencing. It is our hope that this new body of research will influence more preventative work, both internally and across the sector.

Additional insights gathered from this study will be published at a later date, in a report focusing on technology.

In addition to The Annual Bullying Survey, we also produce a range of other related reports, all of which are freely available at DitchtheLabel.org.

A special thank you

We would like to thank everyone who has helped produce The Annual Bullying Survey 2020.

- **Professor Sheri Bauman**, *Ditch the Label research analyst and trustee*
- **Dr. Liam Hackett**, *Founder and CEO of Ditch the Label*
- **Sue Jones**, *Deputy CEO of Ditch the Label*
- **Holly Everett**, *Head of Education at Ditch the Label*
- **Georgie Bailey**, *Design and Illustrations*
- **Bullet PR**
- **Plus all of the schools, colleges and young people who participated.**



EXECUTIVE SUMMARY

Dr. Liam Hackett, Chief Executive Officer

Since our first edition in 2013, The Annual Bullying Survey has established itself as an invaluable benchmark of bullying behaviours in the United Kingdom. This essential annual report uncovers the climate and culture surrounding bullying, whilst also uncovering a wider range of challenges presented to young people today.

This year, we delve deeper into the mental wellbeing of young people; exploring issues such as loneliness, poor mental health and revealing the biggest contributors to issues such as depression and anxiety in young people.

Published in November to support Anti-Bullying Week, this research is our contribution to the growing body of global evidence and also used as a tool to bring the needs of young people to the forefront of public conversation.

Each year, The Annual Bullying Survey is used by policy makers, educators, industry, activists and stakeholders alike to gain a broader understanding of young people and to advocate for changes to better serve them.

Against the backdrop of a global pandemic, it could be argued that the needs of young people are all too often forgotten and it is my hope that this report will contribute to a growing conversation about how we can better support our youth through these difficult times.

This report highlights that bullying as a whole has increased by 25% year-on-year. It could be argued that political fall-out is a significant contributor, with 1-in-3 of the young people surveyed saying that they believe the behaviour of politicians influences how people treat each other at school.

When asked about loneliness, a quarter of the young people we surveyed told us that they feel lonely all of the time. A sad irony in a society that is apparently “more connected than ever before”.

Is social media really making us happier? Our previous research uncovered that social media was a leading contributor towards low self-esteem and poor body image in young people, this report continues to identify that the half of those bullied felt they were targeted because of attitudes towards their physical appearance. 14% of respondents never like themselves, with a further 24% saying that they do but only rarely.

When asked broadly about their mental health, 42% told us that they have battled with anxiety, 25% with depression and 21% with suicidal thoughts. School pressures, exams, body image, feelings of loneliness and bereavement were referenced as the leading contributors to poor mental health.

Throughout the pandemic, we have been here to support young people through issues such as online trolling, mental wellbeing and relationships. We proudly launched a dedicated Coronavirus Support Hub, #TogetherWithYou, in partnership with Tumblr.

Today, to coincide with the launch of this report, I am proud to announce that we are also launching an entire suite of mental health support resources for educators. This mental health module guides students through their own emotions and mental wellbeing and reflects many of the needs uncovered in this research. The module can be downloaded for free at DTLED.org.

Dr. Liam Hackett, Founder and CEO.

HONORARY PREFACE

Lord Rumi Verjee, the Rumi Foundation

As we find ourselves in the unprecedented territory of a global pandemic, most of us have been navigating the inevitable demands of staying safe and balancing our daily lives which have presented significant challenges all around the world. Whether isolating, working or studying from home, this has been a levelling experience for many as the difficulties have been largely universal.

Sadly for many this has meant if they are experiencing bullying and abuse, it hasn't stopped but simply moved to online platforms instead, further isolating our most



Lord Verjee is the Founder of the Rumi Foundation, a philanthropic organisation established to identify, mentor and sponsor leading initiatives in the field of education to support ideas that have the potential to create significant impact in society.

vulnerable. In fact in many cases bullying has increased substantially in the pandemic.

This year's edition of The Annual Bullying Survey has once again taken the voices and experiences directly from young people and compiled them into a succinct report covering the frequency, drivers and impact so they can better support those affected. The Rumi Foundation is proud to once again support Ditch the Label in the survey which is now in its eighth year.

Ditch the Label continues to lead the way in breaking down bullying behaviours in all its forms and this year the results make for particularly concerning reading.

Bullying has increased by 25% in the past 12 months, with 1 in 4 young people having been physically attacked and 1 in 3 having experienced bullying on online platforms..

Ditch the Label has always seen young people are more than statistics but we should all be united in our concern that a third of bullied young people have had suicidal thoughts as a result and half of all young people say bullying has had a huge effect on their mental health. One in 4 have self-harmed and 1 in 2 young people say they have changed or hidden part of they are to avoid getting abuse from others.

Practitioners and educators have a duty of care to ensure young people's safety and wellbeing but vitally as a society we all have a part to play if we are to halt a looming mental health crisis for our young people as they transition into adulthood.

This should be sobering reading for us all but more importantly it should propel us into action. We all need to do what we can to play our part to ensure those impacted get the help they need when they need it and take Ditch the Label's lead in tackling these issues both reactively and proactively, improving the lives of young people and wider society.

The Rumi Foundation remains committed to initiatives that seek to understand why such issues exist, nurture innovation in programmes that tackle these issues and then share this knowledge globally.

I believe that we can encourage compassion, inclusion and acceptance, and supporting the Annual Bullying Survey has been one way for us to achieve this. I am proud that The Rumi Foundation has supported the work of Ditch the Label; their research remains urgent and compelling reading for policy makers, charities, educators and activists alike.

The Rumi Foundation hopes that you will join us and Ditch the Label in their mission to reach a world that is free from bullying and abuse in all its forms.

13,387

THIS REPORT DRAWS ON THE EXPERIENCES OF 13,387 PEOPLE AGED 12-18.

Students in schools and colleges from across the UK were invited to take part in the survey between September 2019 - March 2020.

All respondents were required to have parental consent and all responses were screened regularly to identify any potential safeguarding issues, which were acted upon promptly.

The data was cleaned and analysed using SPSS by Professor Sheri Bauman (University of Arizona), enabling us to identify hidden relationships within the data.

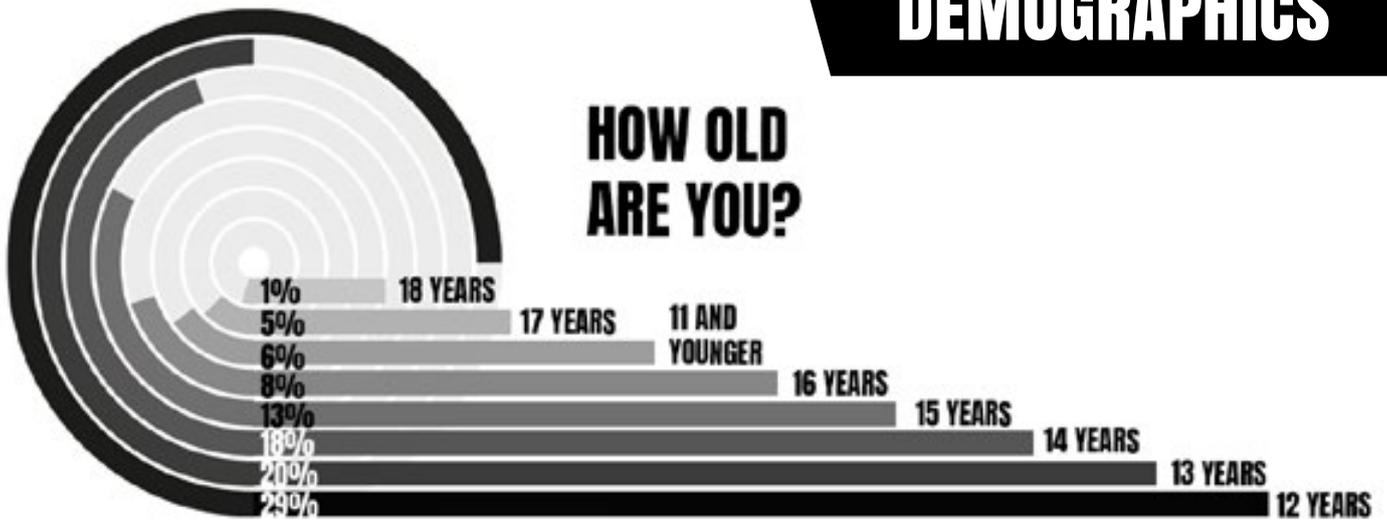
Post cleaning, the total sample number was 23,433 and reduced to 13,387 respondents.

REGIONAL SPLIT

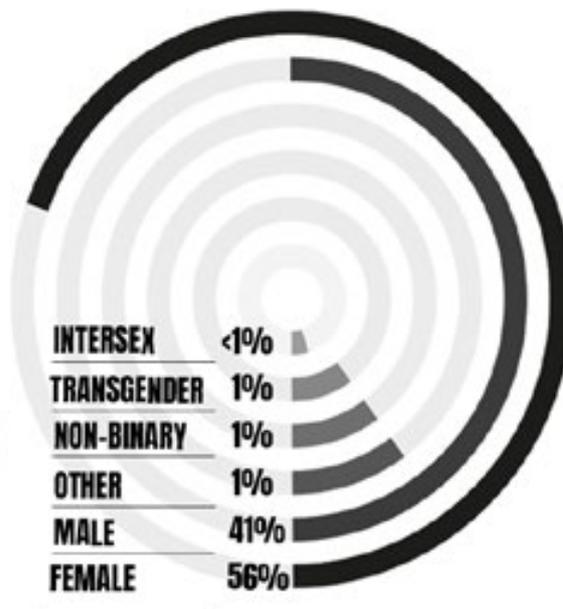


DEMOGRAPHICS

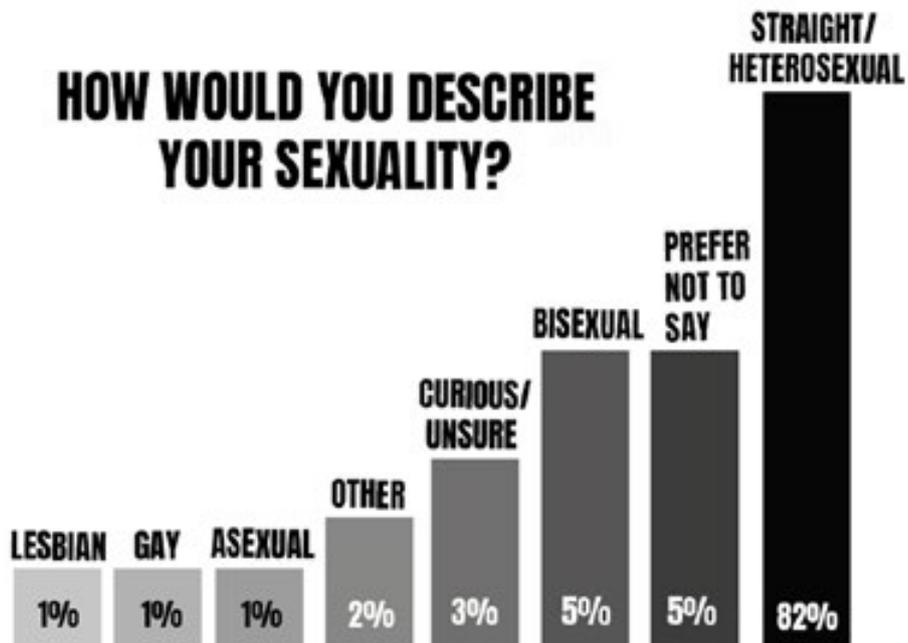
HOW OLD ARE YOU?

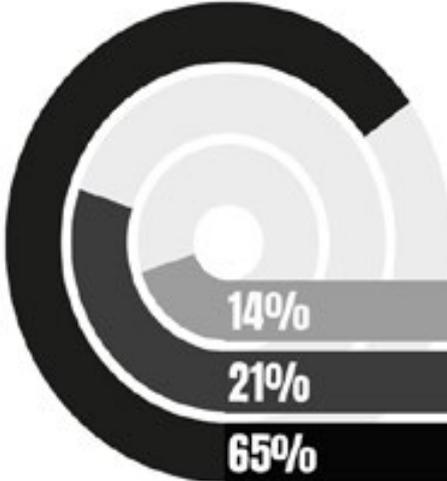


WHICH GENDER DO YOU IDENTIFY AS?



HOW WOULD YOU DESCRIBE YOUR SEXUALITY?





ARE YOU RELIGIOUS?

14% **HAVEN'T DECIDED YET**
 21% **YES**
 65% **NO**

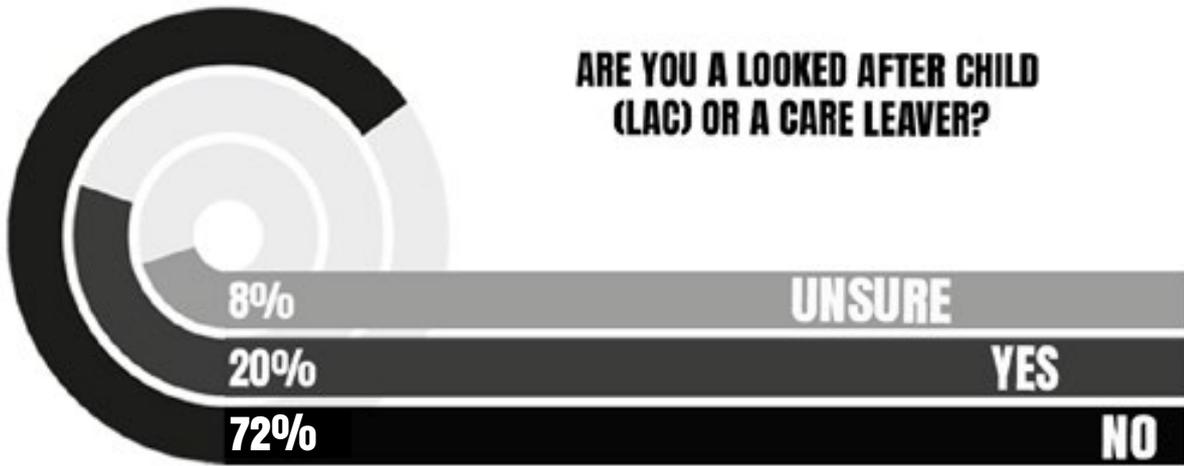


WHAT IS YOUR ETHNICITY?

- White British: 79%
- European: 4%
- British Asian: 3%
- Other: 2%
- Irish: 1%
- African: 1%
- Black British: 1%
- Any other mixed/multiple ethnicity: 1%
- South Asian: 1%
- Any other Asian background: 1%
- Any other Black/African/Caribbean background: 1%
- Arabic: 1%
- Mixed white and Caribbean: 1%
- Mixed white and African: 1%
- Gypsy or Irish Traveller: 1%
- Any other white background: 1%
- East Asian: <1%
- Caribbean: <1%
- Hispanic or Latinx: <1%
- Mixed white and black British: <1%
- Mixed white and British Asian: <1%
- Mixed white and south Asian: <1%
- Mixed white and east Asian: <1%

74%
CHRISTIAN

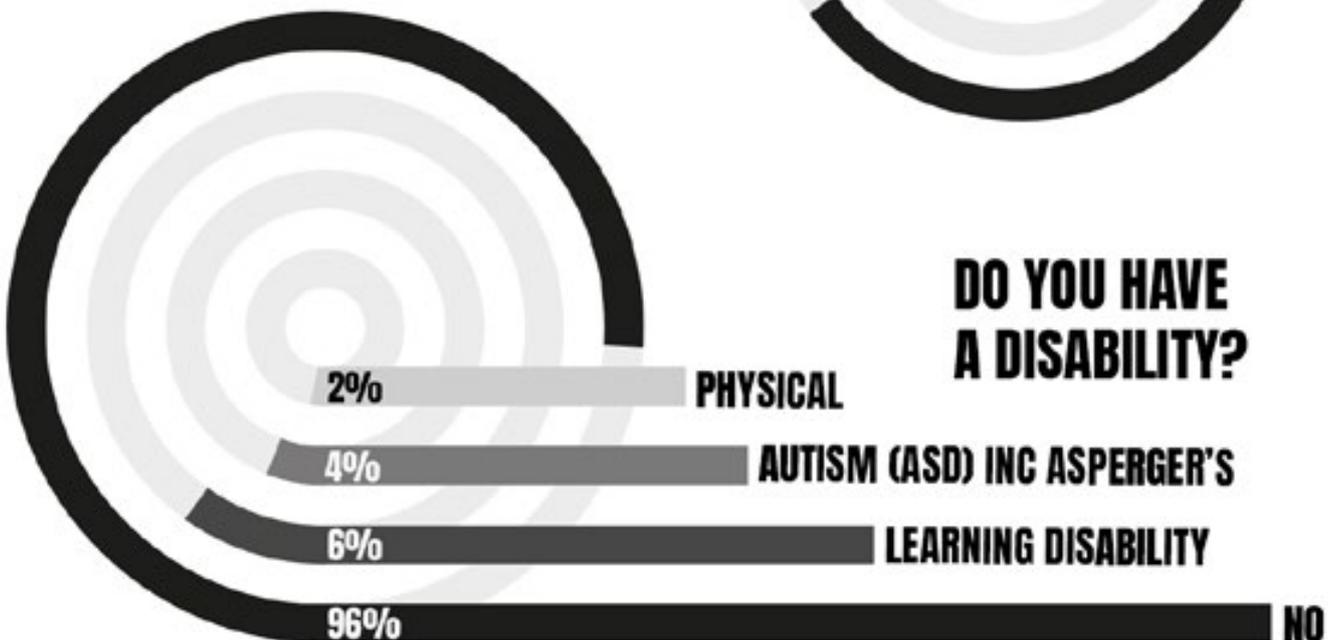
ARE YOU A LOOKED AFTER CHILD (LAC) OR A CARE LEAVER?

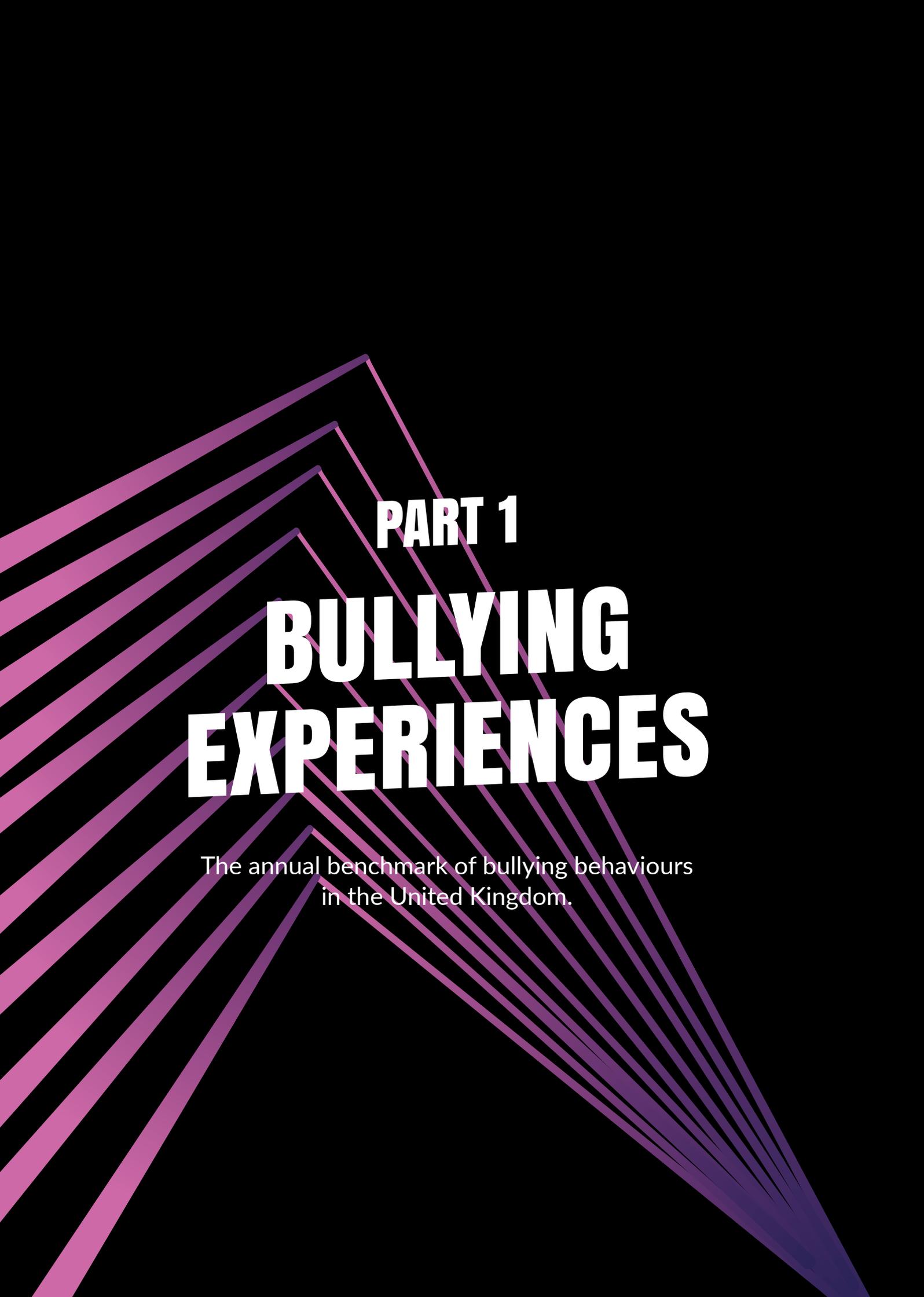


DO YOU RECIEVE FREE SCHOOL MEALS?



DO YOU HAVE A DISABILITY?





PART 1

BULLYING EXPERIENCES

The annual benchmark of bullying behaviours
in the United Kingdom.

BEING BULLIED

FREQUENCY

**IN THE PAST
12-MONTHS
AND BASED
ON YOUR OWN
DEFINITION,
WHAT HAVE
BEEN YOUR
EXPERIENCES OF
BULLYING?**

In previous editions of the survey, students were asked about their experiences of bullying in general and not within a timeframe of 12-months. This causes data variation but also makes our insights more relevant and time-sensitive. In advance of this question, respondents were asked to define what bullying meant to them.



**+25% YEAR-ON-YEAR
INCREASE***

**Based on The Annual Bullying Survey 2019
data for victimisation.*



Martha Evans, Director of Anti-Bullying Alliance

"It's clear that bullying remains a significant problem for many children across the country, and we know that these experiences can have a lasting impact well into adulthood. But this year we have witnessed the power that people can have when they unite to tackle a common challenge.

If we are serious about reducing bullying, we have to harness that energy and work together. Be it online, in the community or in school, we all have a part to play and its time we came together, friends and family, classmates and colleagues, and unite against bullying."

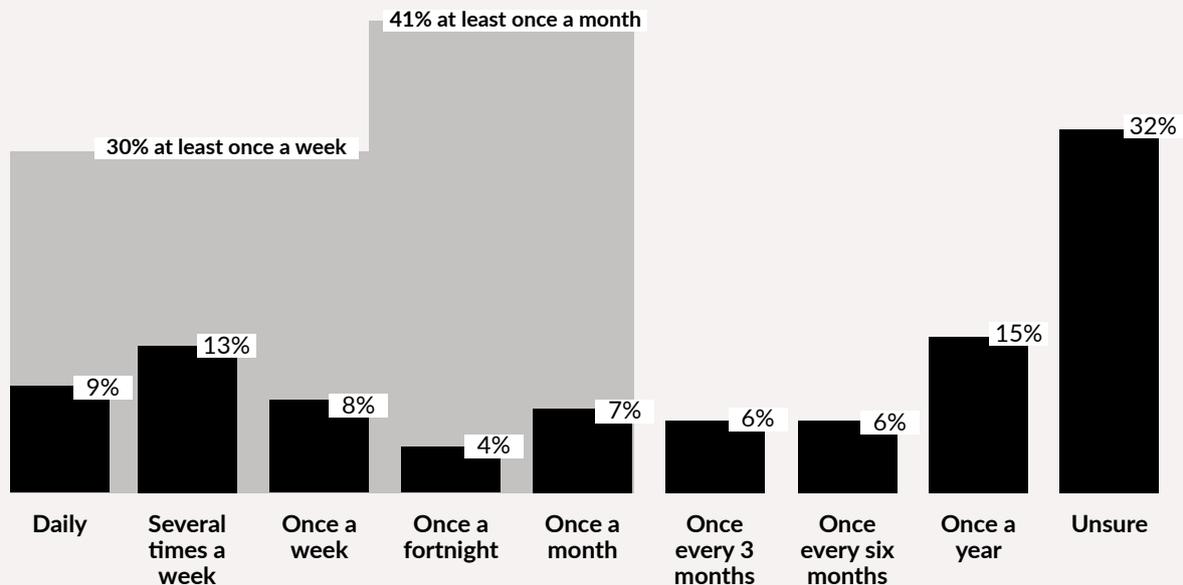
Find out more at
www.anti-bullyingalliance.org.uk

BEING BULLIED

FREQUENCY

From those who have been bullied within the past 12-months:

How frequently were you bullied?



"I have had people doing it to me for no reasons . They have made WhatsApp groups about me . Purposely excluded me from all my friendship groups , spread rumours about me . Made me lose my friends. "

FEMALE, 12, LONDON

"I have been cancelled out from my friend group because of how I dress and I was bullied all the way through primary school due to my intelligence and because I had no friends."

MALE, 14, NORTH EAST

"I get bullied constantly and usually because I'm judged for being transgender, how I look and my sexuality. It's really difficult sometimes and feels like I can't break free."

TRANS, 13, SOUTH EAST

BEING BULLIED

NATURE



What kind of bullying did you experience?

**SOCIAL
EXCLUSION**

89%

**VERBAL
BULLYING**

86%

RUMOURS

54%

INTIMIDATION

35%

**CYBER
BULLYING**

27%

THREATENED

24%

**PHYSICAL
ASSAULT**

24%

MANIPULATION

19%

**IN ONLINE
GAMES**

11%

BEING BULLIED

PERCEIVED MOTIVE

From those who have been bullied within the past 12-months:

Why do you think you were bullied?



FREE RESOURCES FOR TEACHERS



DITCH THE LABEL EDUCATION

We've used 9 years of research, evidence and anecdotes to develop Ditch the Label Education (DTL:ED): a new suite of free educational resources. The focus of our resources is to tackle some of the biggest issues young people are challenged with.

DTL:ED gives you the tools and support to tackle issues such as bullying, digital literacy and mental health in the classroom environment.

Download resources for free at www.DTLED.org.

BEING BULLIED

EXPERIENCES

"I've had some run-ins with sexual type touching from boys at secondary school where I'd get touched almost everyday and called a slut because I'd talk openly to my friends about what I find attractive.

" - FEMALE, 17, WEST MIDLANDS

"Throughout primary and secondary school I was bullied. Things like my height, the way I styled my hair, my sexuality, my Aspergers, getting high grades, meant that I was targeted. At only 12 years old I remember a boy telling me "you're so ugly, but if you just grew your hair out long and wore makeup then you'd be alright looking". And for a long time that impacted my mental health. I had short shaved hair at the time, and loved it, but I was so insecure and grew it out."

- FEMALE, 16, EAST MIDLANDS

SUPPORT IS AVAILABLE

With a dedicated online support community, a team of trained mentors and over 1,000 support guides - the Ditch the Label website is the ultimate support resource for when you're struggling.

> Visit DitchtheLabel.org



BEING BULLIED

IMPACT

From those who have been bullied within the past 12-months:

How did it impact you?



Rebecca Barrie, Psychotherapist and Ditch the Label Trustee

I think what is most alarming about these statistics is the number of victims of bullying who 'act out' their emotions.

27% of people self harm as a result of bullying - causing themselves actual physical harm - and more than one in 10 people attempt suicide.

These statistics are shocking but I think could be reduced with better mental health intervention and support.

The first step to start reversing these numbers, I believe, is awareness of the problem. If we know someone who is being bullied, we need to encourage them to talk, to express their feelings and to support them to get expert help. In expressing the distress of the bullying through talking, the victim will start to manage the pain in safe and healthy way, and be less inclined to self harm.

What impact did being bullied have on your mental health?



Jarah Koomson, Ditch the Label Chairperson and Psychotherapeutic Counsellor & Coach

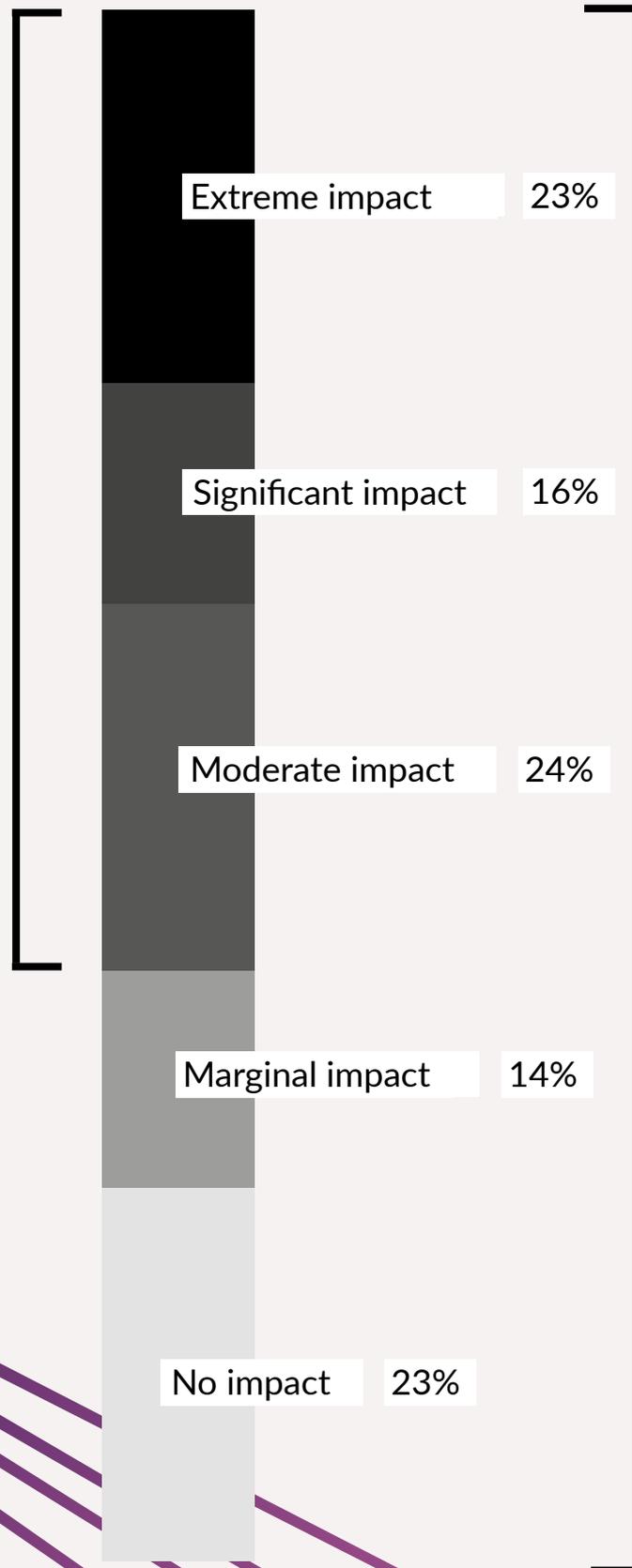
Throughout my professional career I have worked with a diverse range of young people and for some, the challenge can be managing their identity and culture in a daily environment they do not feel welcomed in. The vital research that Ditch the Label carries out looks to understand and inform their support and education programmes to enable them to tackle these issues.

Young people's increased discomfort in social settings is sadly resulting in increased social anxiety which leads them to avoid social situations, further isolating them and keeping them out of the social loop.

These issues are amplified as many young people do not know how to support their friends with the impact of bullying, leaving them feeling helpless and unsure of how to make a real difference in helping their friends feel better and move forward.

Professionally we are seeing Increased self-referrals for therapeutic support to deal with the impact of bullying and with keeping up appearances online to avoid being further targeted.

63% MODERATE TO EXTREME IMPACT



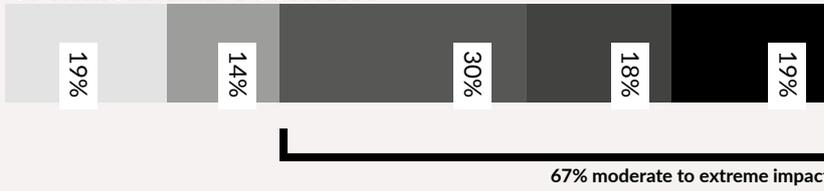
BEING BULLIED

IMPACT

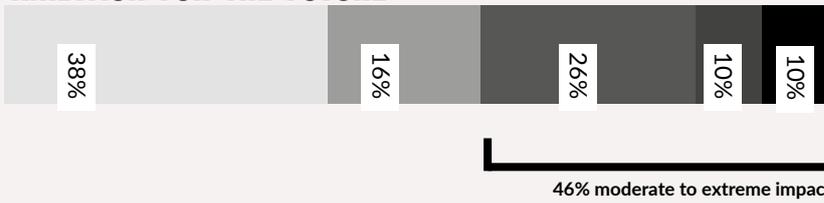
From those who have been bullied within the past 12-months:

How did it impact you?

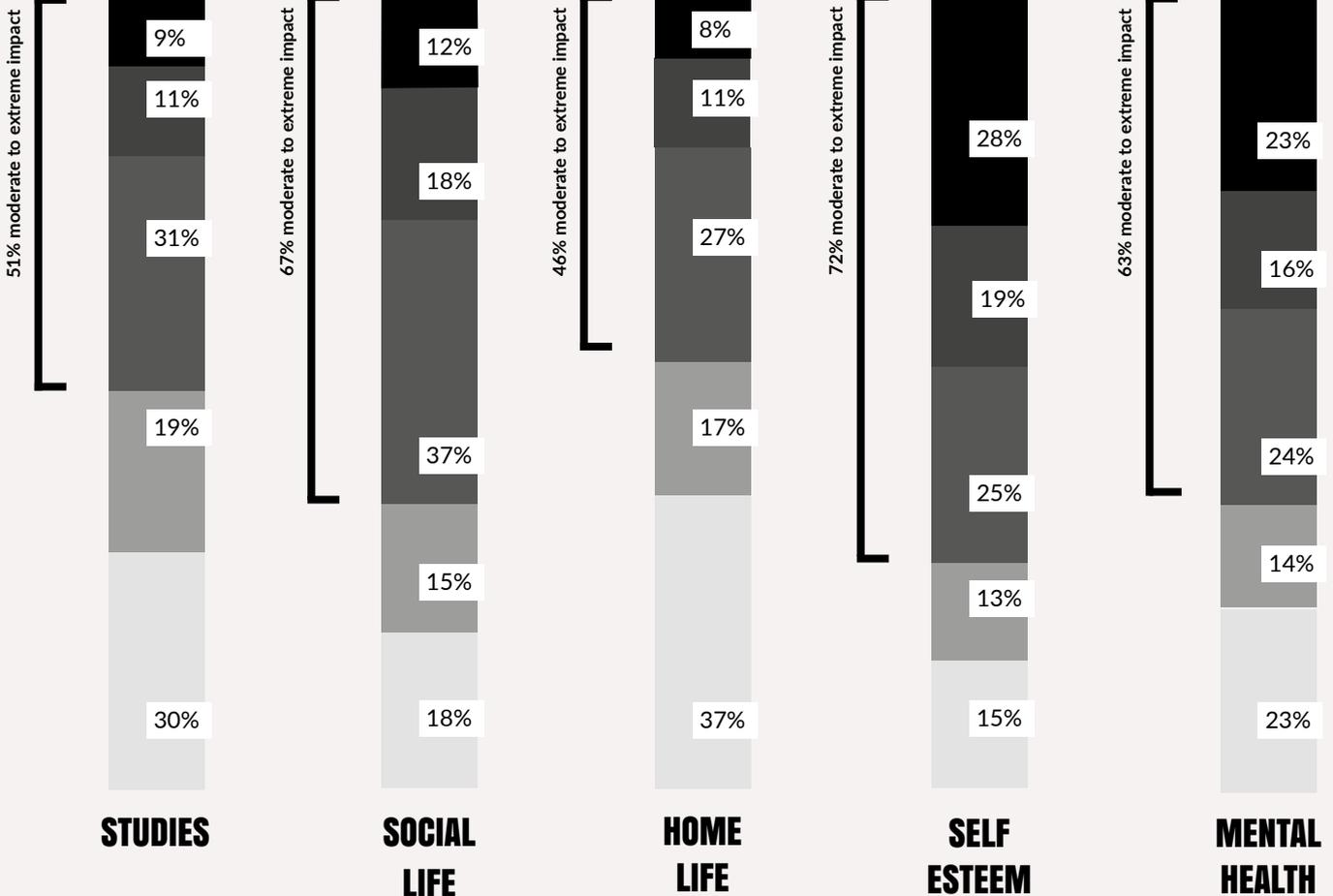
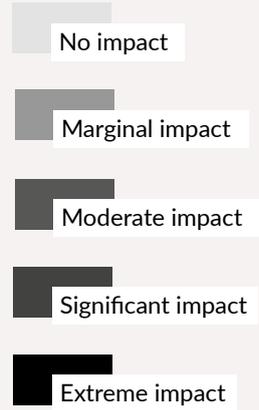
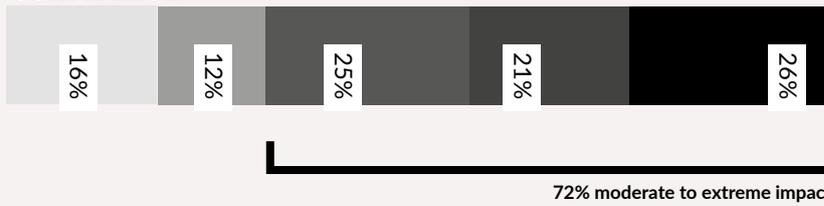
OPTIMISM AND POSITIVITY



AMBITION FOR THE FUTURE



CONFIDENCE



BEING BULLIED

REPORTING IT

79% REPORTED IT
-and-
21% NEVER TOLD ANYBODY

of those who reported...
79% TOLD A TEACHER
 47% were satisfied with the support

of those who reported...
93% TOLD A FAMILY MEMBER
 79% were satisfied with the support

of those who reported...
86% TOLD A FRIEND
 69% were satisfied with the support

of those who reported...
37% TOLD A COUNSELLOR
 23% were satisfied with the support

of those who reported...
25% TOLD A HEALTH PROFESSIONAL
 15% were satisfied with the support

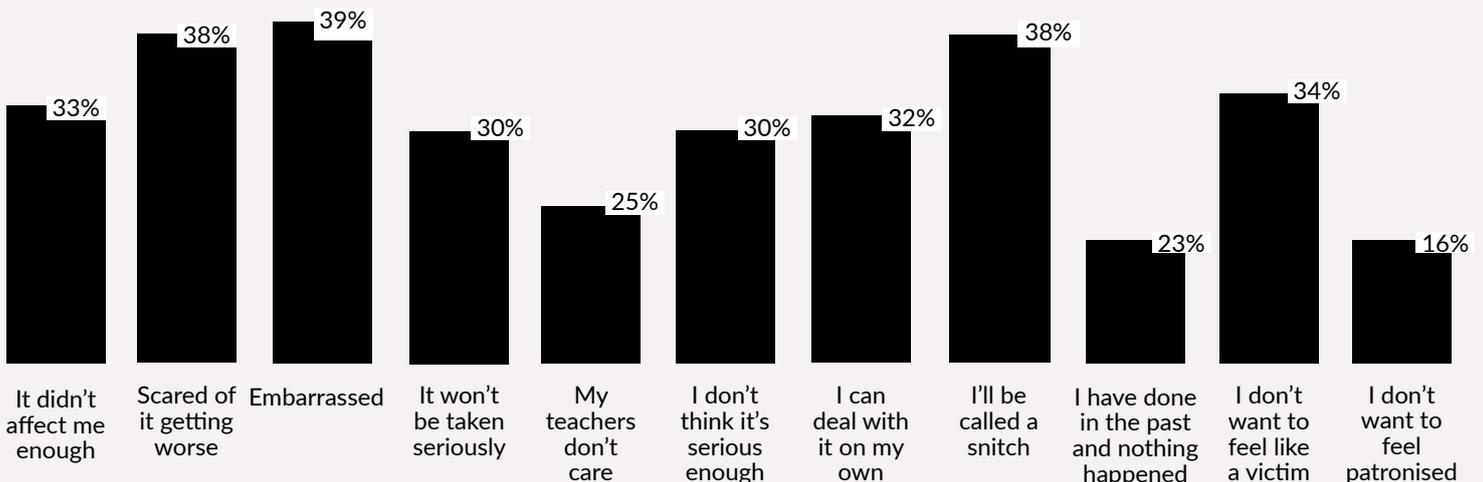
of those who reported...
20% TOLD THE POLICE
 12% were satisfied with the support

of those who reported...
15% CALLED A HELPLINE
 6% were satisfied with the support

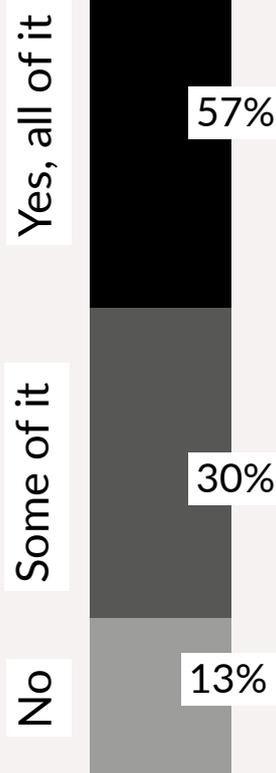
of those who reported...
24% TURNED TO THE INTERNET
 14% were satisfied with the support

From those who didn't report the bullying:

Why didn't you tell anybody?



Do your
parents or
guardians
know
about your
experiences
of being
bullied?



Lauren Seager-Smith
FRSA, CEO Kidscape

The Ditch the Label survey shows that a high number of children will not share experiences of bullying with parents. As children grow older and become more independent, they may be less likely to turn to their parents for help, but sometimes it's because children don't want to worry their parents – particularly if they are going through their own challenges, or they may be concerned about how their parents might react.

As parents and carers we therefore need to be alert to the signs that our children might be being bullied – for example changes in their behaviour, reluctance to go to school or attend usual activities,

becoming upset after spending time online, or recurrent unexplained illness.

It's important our children know we are always there for them, that we create opportunities to spend time together where conversation can flow naturally and that if they do share worries with us, we stay calm and ask how we can help – rather than taking matters into our own hands.

Kidscape work with hundreds of families each year and can provide further support for any parents and carers who have concerns that their child is going through a bullying situation.

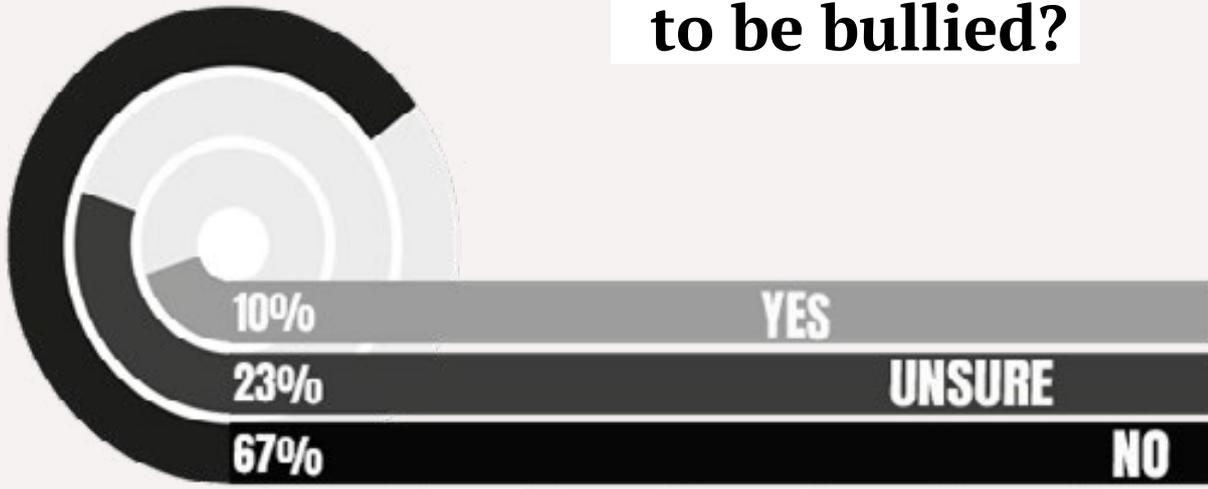
Find out more at
www.kidscape.org.uk

BEING BULLIED

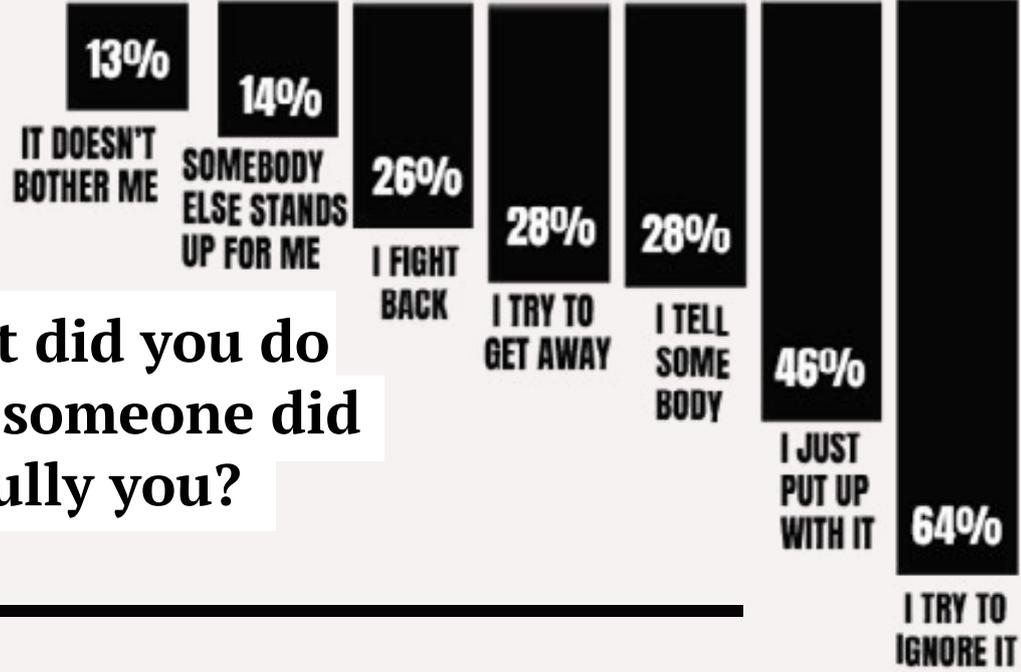
OTHER RESPONSES

From those who have been bullied within the past 12-months:

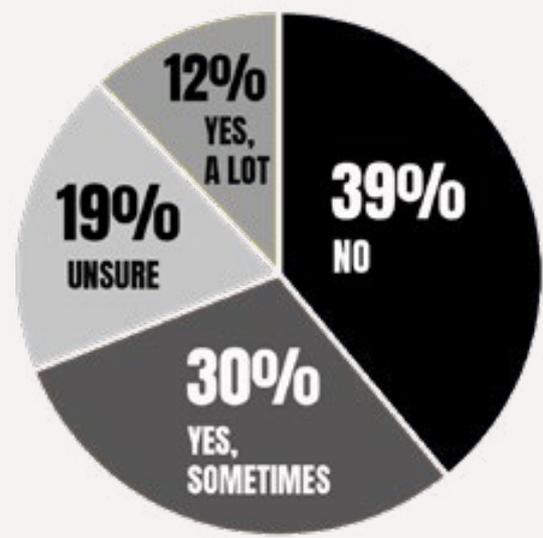
Do you think you deserved to be bullied?

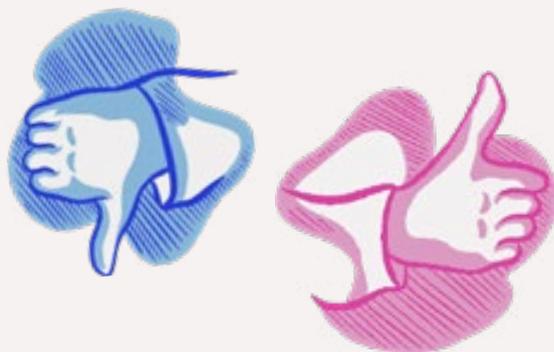


What did you do when someone did bully you?



Have you ever changed or hidden part of who you are in order to avoid getting bullied from other people?





DO YOU AGREE OR DISAGREE?

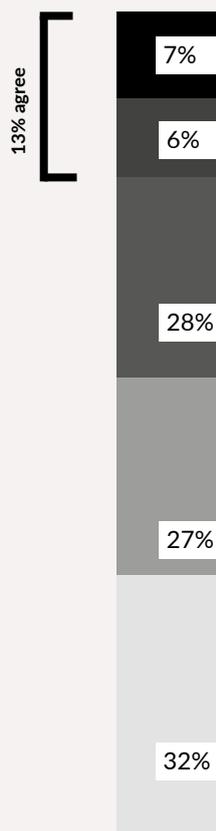
Completely disagree

Disagree somewhat

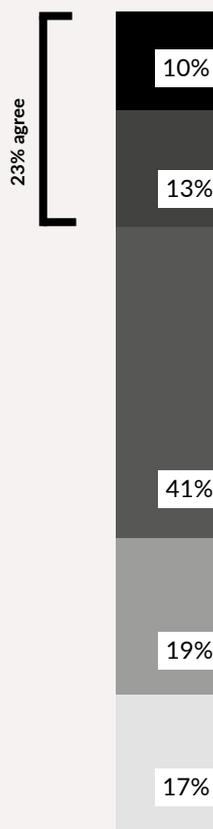
Somewhere in the middle

Agree somewhat

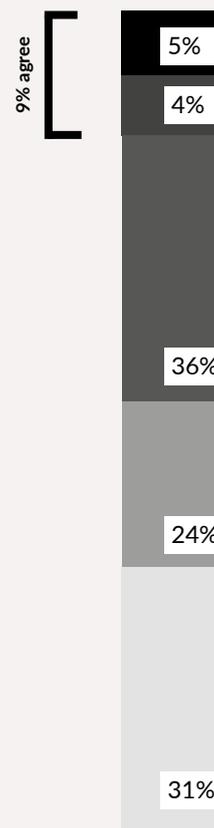
Completely agree



“School is like the hunger games because it’s a fight for survival and to avoid being bullied.”



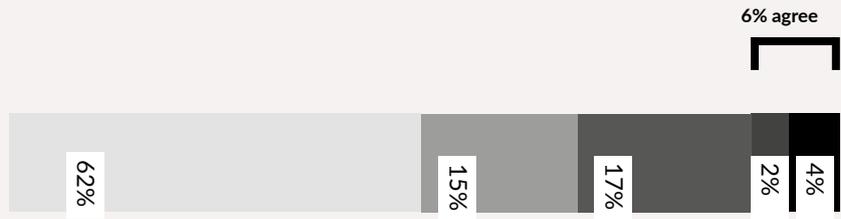
“Bullying is already taken seriously enough.”



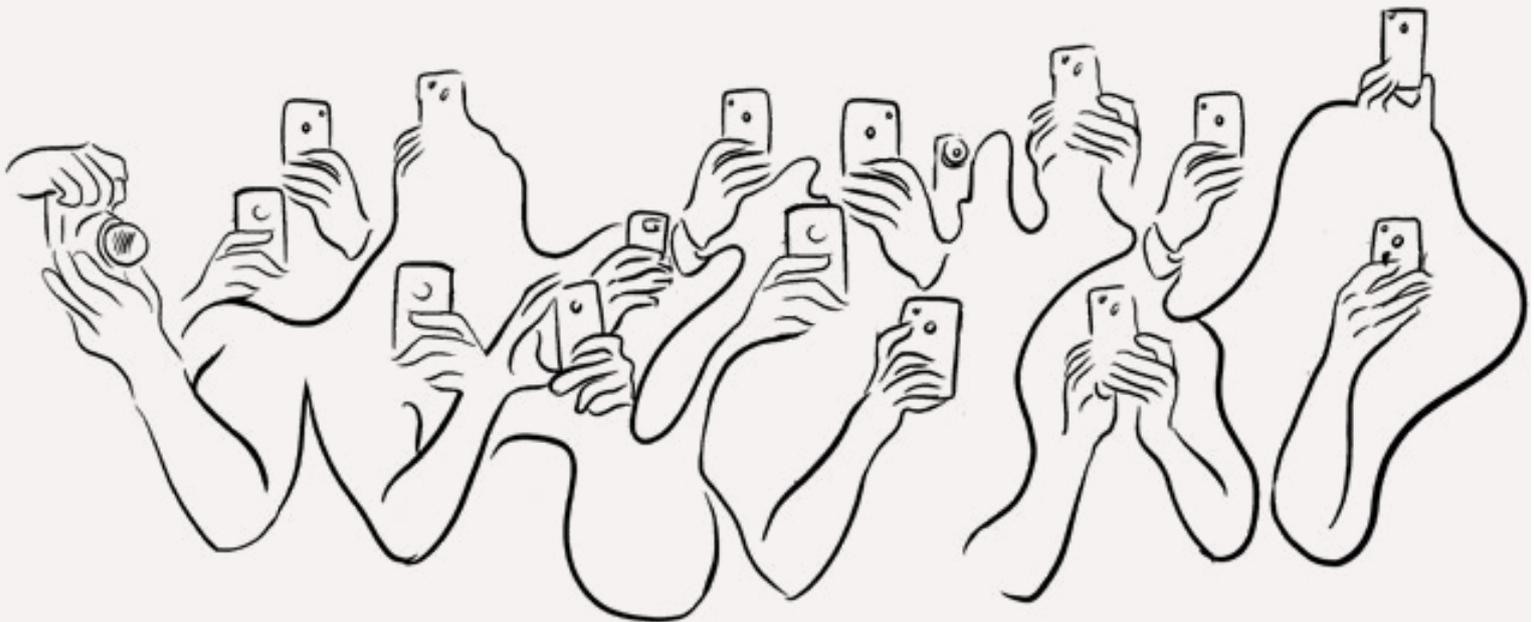
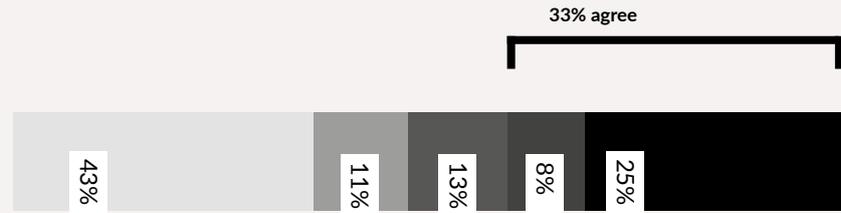
“The behaviour of politicians (MP’s, PM, President etc.) affects how people treat each other at school.”

MORAL COMPASS

“It’s okay to film somebody being physically attacked.”



“It’s okay to share a video of somebody being attacked.”

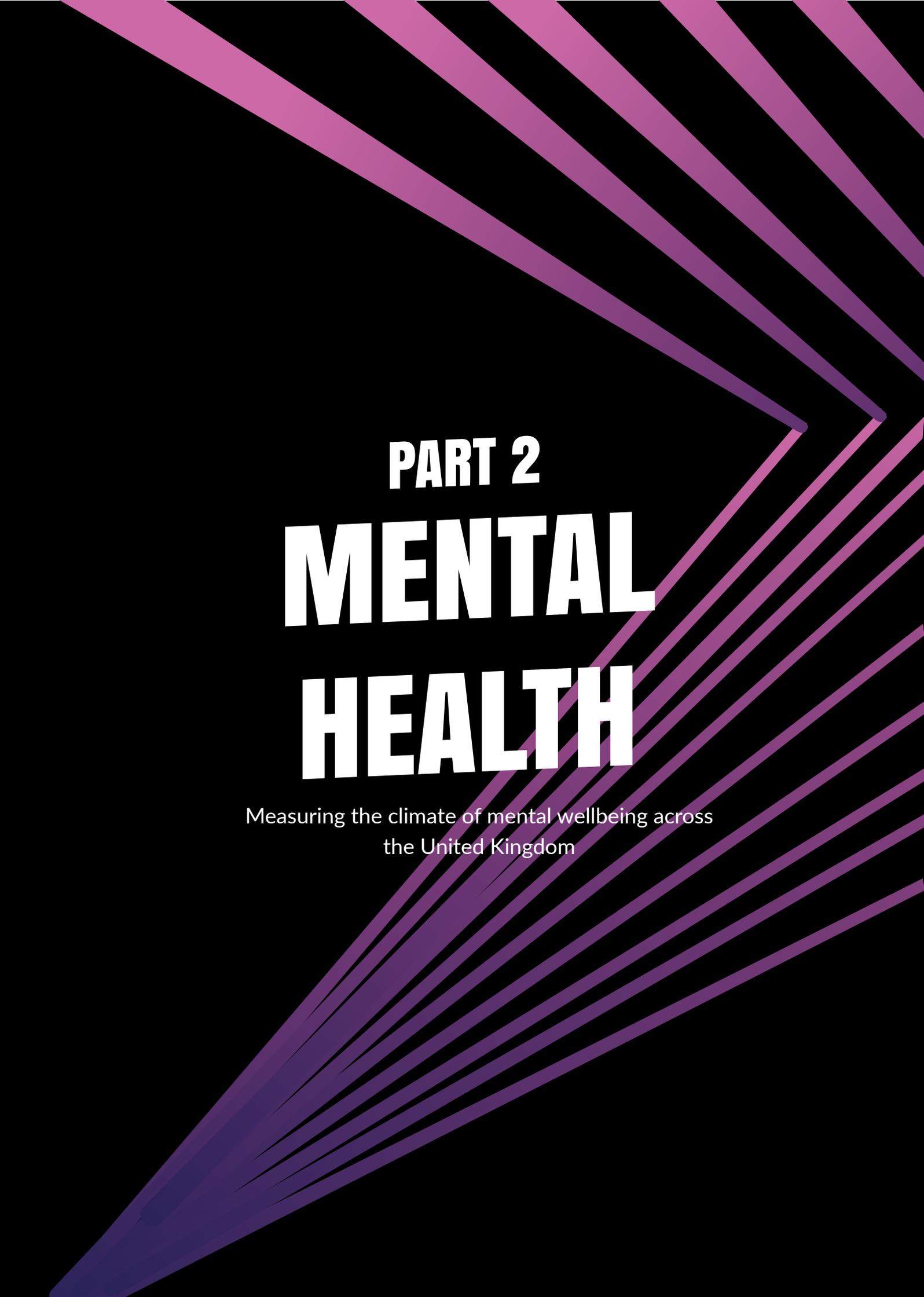


David Miles, EMEA Head of Safety, Facebook

Facebook is a place where people come to connect and share with those they care about and we want it to be free from bullying and harassment and from content that glorifies violence.

We have developed sophisticated technology

to keep abuse off our platforms and we have tools which protect people from harassment, offensive comments and unwanted attention. You can anonymously report any content, including bullying and violent and graphic content directly within our apps and we work with more than 200 safety organisations globally and partner with experts to help keep our community safe and provide resources to support wellbeing.



PART 2
MENTAL
HEALTH

Measuring the climate of mental wellbeing across
the United Kingdom

THE WORLD IS CHANGING AND SO ARE WE.

Dr. Liam Hackett, Founder and CEO of Ditch the Label.

For almost a decade, we have been there to support young people from across the globe. We've been a confidante, a counsellor and an advocate for change. Our work has taken us to all parts of the globe, from Parliament to the White House and into the hands of millions internationally.

What started as a 15 year-olds dream to change the world has become a lifeline for young people globally. During 2019-2020, over 5 million young people accessed the Ditch the Label support website. An overwhelming figure and a breathtaking example of our reach and the extent to which young people are currently struggling.

With this growth comes the acknowledgement of two things. Firstly, that bullying is not an issue in isolation and secondly that the depth of challenges facing young people is growing.

On my first acknowledgement, we have consistently found that the perpetration of bullying generally is the outcome of a challenging or difficult route issue. These issues vary, but can include: poor mental health, difficult home life, stress and trauma, insufficient digital and media literacy, poor body image and self-esteem, stereotypes and unconscious bias. If our mission is to prevent bullying, then surely we must grow our remit and start to focus on some of the route triggers.

In 2019, we launched our sister brand 'Ditch the Label Education' as a response to the lack of provision in prevention but also a growing issue of educators struggling to find appropriate, impactful and engaging resources to teach students on issues such as cyberbullying, mental health, unconscious bias and digital literacy. The response to this growing body of work has been overwhelmingly positive, with clear evidence to show that it is driving positive change within schools and colleges across the UK.

On my second acknowledgement, it is inevitable, given the scale of our reach, that young people are increasingly seeking our support on a wider range of issues. Whether it's advice on coming out, improving their mental health or addressing poor body image, our trained mentors have been there to help them navigate the tough stuff.

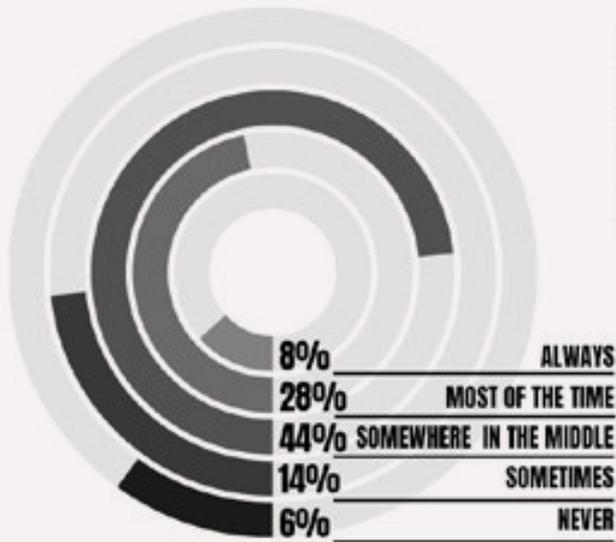
It is with all of these valuable learnings and against a backdrop of almost 10-years of research and innovation that I am proud to announce that Ditch the Label has organically evolved from an anti-bullying charity, to a youth charity with a very specific remit. Under this change, we are formalizing that our support, education, research and advocacy will now focus on a wider range of issues: bullying, mental wellbeing, identity, relationships and digital literacy.

This decision follows a lengthy consultation process with stakeholders and young people, along with a huge multi-year journey of research and development. As an organisation, we are constantly learning and growing, with much of the process being led by the changing needs of young people.

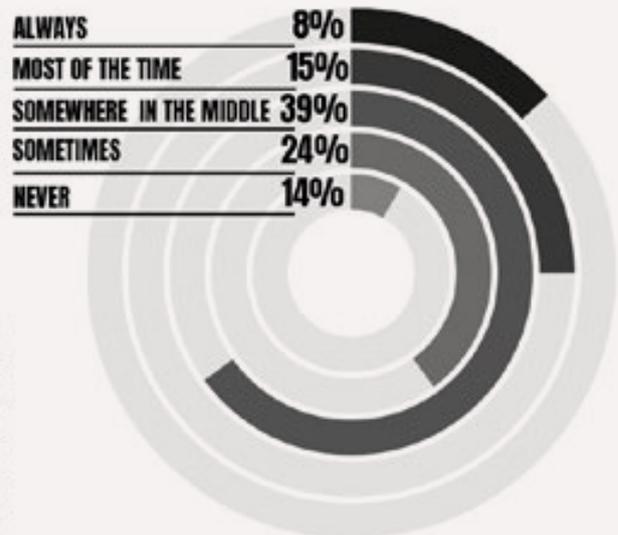
This following chapter very much focuses on a huge area of interest for Ditch the Label. It makes for difficult reading but really highlights the tension that young people are currently experiencing with their mental wellbeing. All too often, young people and their needs are pushed aside, which has never been more apparent against a challenging global backdrop.

I hope that you share my personal excitement and enthusiasm and I very much look forward to seeing Ditch the Label's impact.

HOW OFTEN DO YOU FEEL CONFIDENT?



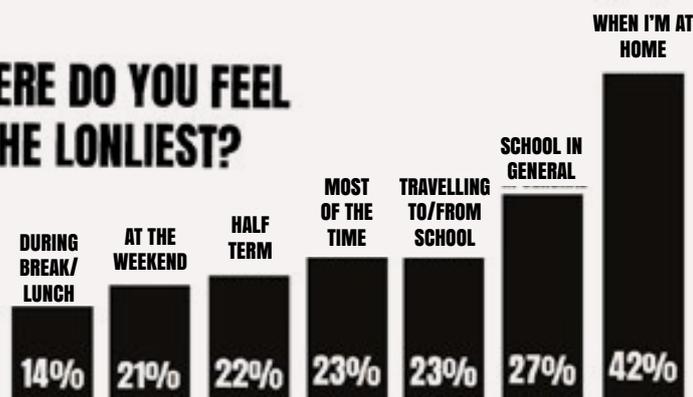
HOW OFTEN DO YOU LIKE YOURSELF?



HOW OFTEN DO YOU FEEL LONELY?



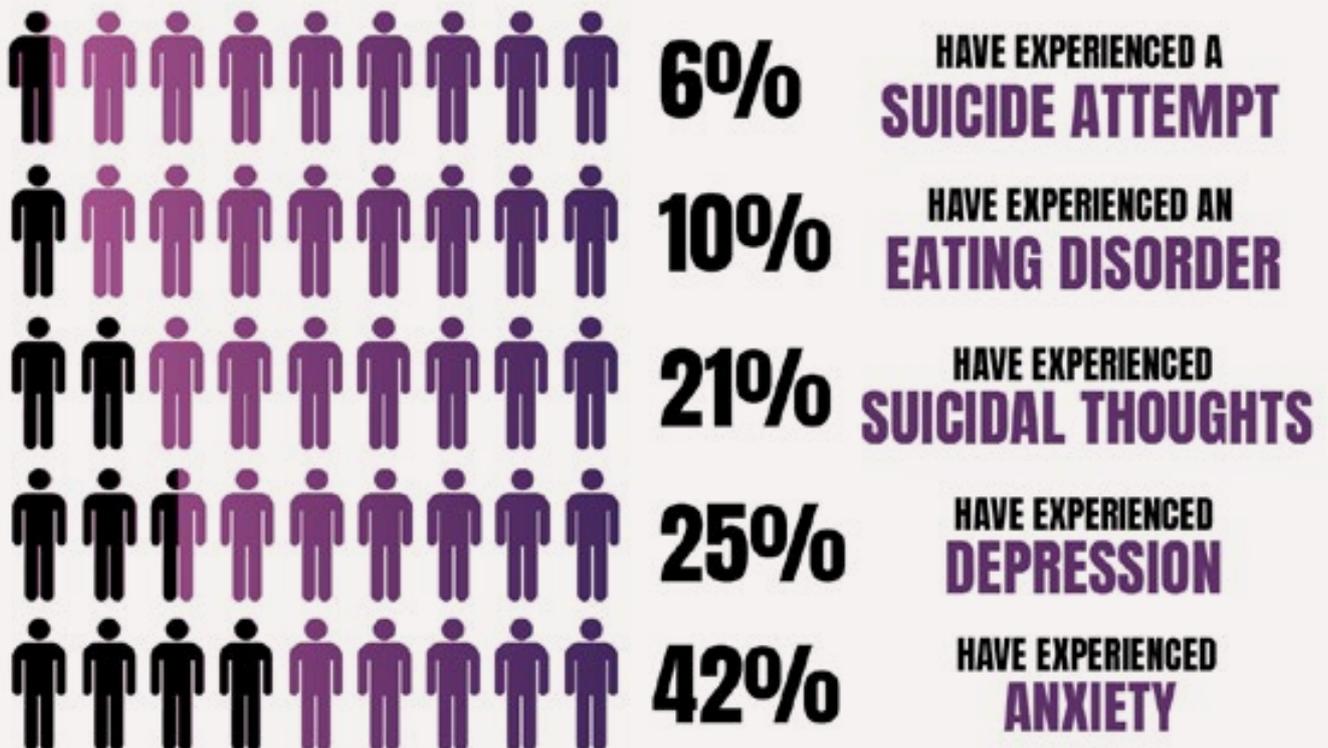
WHERE DO YOU FEEL THE LONLIEST?



Do you think depression could ever affect you?

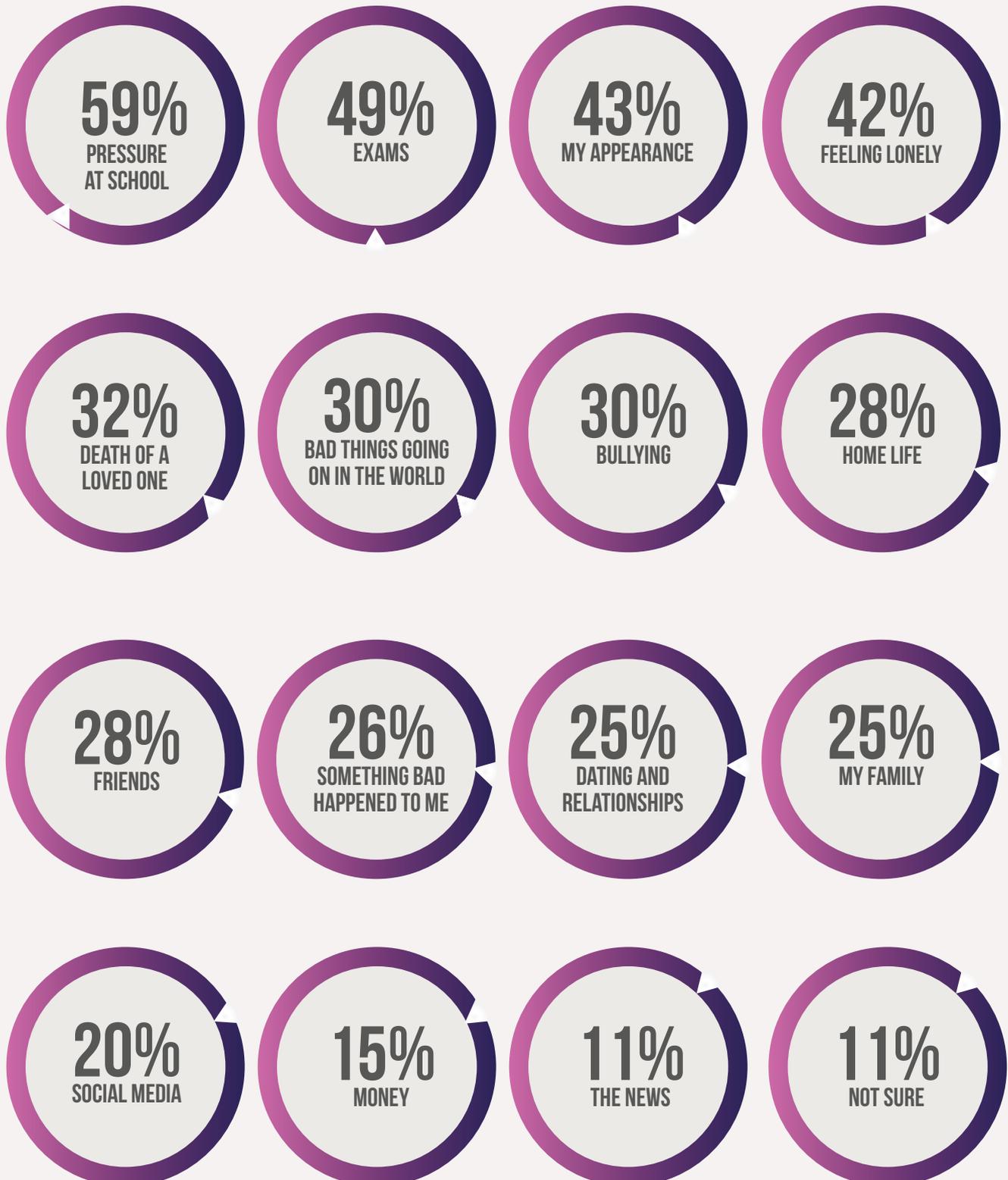


Have you ever experienced any of the following?

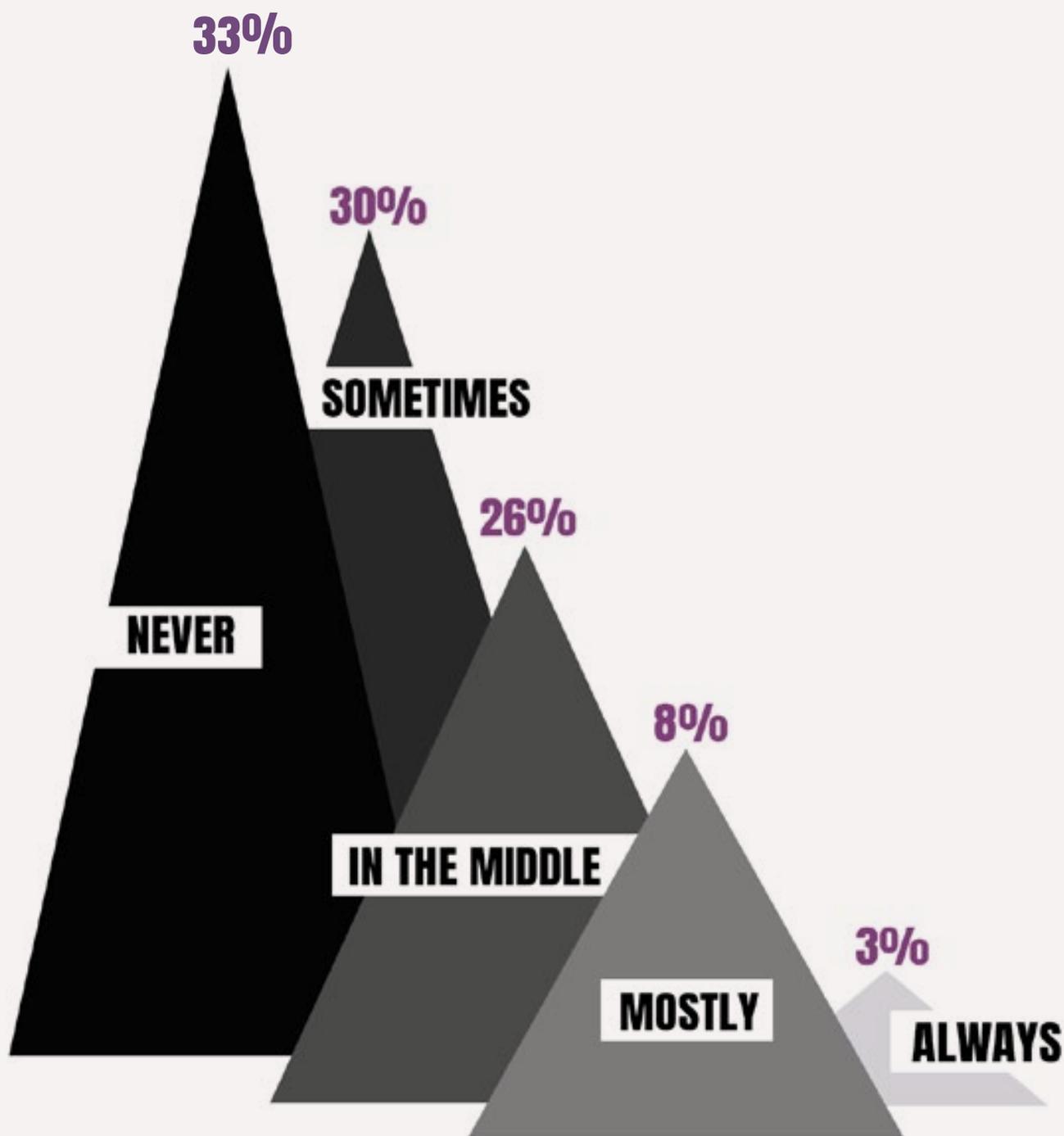


Which of the following:

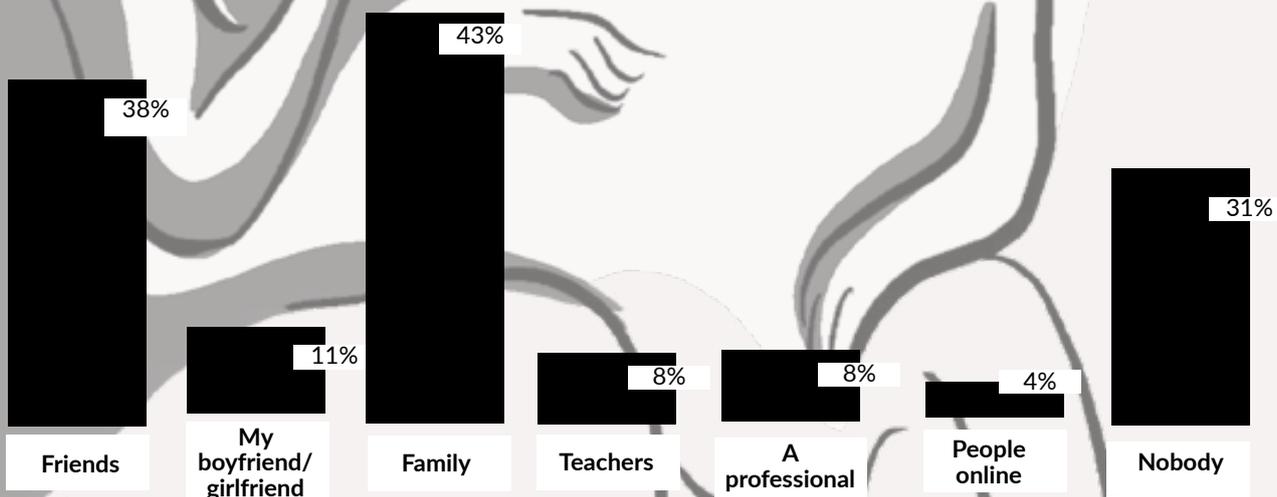
Contributed towards your negative
mental health?



How often do you talk about your mental health?



Who do you talk about your mental health with?



Do you think there's enough mental health support available to you if you ever need it?

17%

NO

29%

UNSURE

54%

YES



"Past bullying affected my mental health and I was diagnosed with anxiety and suffered from depression."

NON-BINARY, 15, SOUTH WEST

"I feel depressed because some of my family is very ill and there is so much pressure at school to try and deal with."

MALE, 14, NORTH EAST

"Just occasionally think that I have too many responsibilities and accounting for future finance is really doing my head in. My parents don't seem to understand my situation and have a massive pressure to achieve 4 A*s at A-level from everyone, including myself. I've hurt myself before. "

- MALE, 17, EAST MIDLANDS

"I don't want people to worry, so I never really speak about it. I feel lonely a lot. I'm hoping it might go once I get to uni."

- MALE, 16, SOUTH WEST

"I really struggle with my mental health. I have attempted suicide before. I feel like my life is not worth living and that I have nothing to live for. I tried speaking to a professional at school but they didn't really seem too bothered and they couldn't help much."

- NON-BINARY, 17, EAST MIDLANDS

"Signs of compulsive checking disorder, anxiety, lots of dark thoughts and intrusive thoughts, often feel like I don't care about anything. Possibly depressed, but not sure, I don't want to label myself with stuff I don't have just because I'm pressured to label myself with something."

- MALE, 17, NORTH WEST

"I really struggle with my mental health. Recently my grandmother has been terminally ill and that with the added pressure from the education system and exams and teachers over emphasising the value of schoolwork I've become quite indifferent to school. Very low self worth, prone to self harm. School clashes with problems in family life and doesn't always take into consideration how difficult balancing the two can be."

- OTHER, 17, SOUTH WEST

"The pressure of so many assignments and written pieces and new structures and exams and revision and new teachers..... it kind of feels like being pushed off a very tall cliff and being winded when you impact with concrete below. So. Much. Pressure. And it's confusing too."

- FEMALE, 17, EAST MIDLANDS

"I can't start conversations, I always feel like everyone hates me, and also when I'm alone, I remember stupid things I said/did a long time ago and feel like everyone hates me but doesn't show that when I'm around. Also, when I'm at home, I sometimes get shouted at for feeling down."

- MALE, 14, EAST OF ENGLAND

WE MIGHT NOT BE HERE NEXT YEAR. CAN YOU HELP?

AS A RESULT OF THE PANDEMIC, WE HAVE LOST MOST OF OUR FUNDING. AS AN INDEPENDENT CHARITY, WE ARE ENTIRELY RELIANT UPON DONATIONS TO FUND LIFE CHANGING SUPPORT.

It costs as little as £3 to provide direct support to 1 young person in need. Please text DITCH and your amount to 70085 to donate. For example, to donate £3 text DITCH 3 to 70085, or visit www.DitchtheLabel.org/donate to find out how you can support us.

Texts cost £3 plus one standard rate message and you'll be opting in to hear more about our work and fundraising. If you'd like to give £3 but do not wish to receive marketing communications, text DITCHNOINFO 3 to 70085.

**DITCH
THE LABEL**