

If you are being bullied.....

1. Look them in the eye and tell them to stop
2. Be firm and clear, MEAN IT!
3. Get away from the situation as quickly as you can
4. Tell an adult what has happened straight away



After you have been bullied.....

1. Tell a teacher or other adult in the school
2. If you are scared to tell a teacher or adult on your own, ask a friend to go with you or leave a message in the Bully Box
3. Tell your family
4. Keep on speaking up until someone listens – Remember ‘Talk until it Stops!’
5. Don’t blame yourself for what has happened



When you are talking about bullying with an adult, be clear about :

1. what has happened to you.
2. how often it has happened.
3. who was involved.
4. where it happened.



5. what you have done about it already.

REMEMBER

Say 'NO!' to bullies !!

Online support is available from:

www.childline.org.uk

www.kidscape.org.uk

www.bbclic.com

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Information for pupils