

IF EVER YOU ARE BULLIED TELL SOMEONE

**You might tell
your friends first if you
feel you are being bullied**

It is **important** that you and
your friends don't try to
gang up on the bully

Friends might be able to help you
think about what has happened
and how long it has gone on for
They can help you **tell an adult**

**Go to any adult
that you like
and trust**

This might be your **parent** or your
teacher, or a **school counsellor**

They should listen to you, and they
should listen to your ideas on how
to solve the problems

If they don't – tell someone else!

Sometimes bullying
does not stop straight
away. **Keep telling!**

It is important for adults helping you
to know how often the bullying is happening.

Remember, you have a
right to be safe. If the bullying
continues, keep on asking for
help to solve the problem.

