

If you are being bullied;-

- Try to stay calm and look as confident as you can
- Be firm and clear – look them in the eye and tell them to stop
- Get away from the situation as quickly as possible
- Tell an adult – think of your friendly five – what has happened straight away

After you have been bullied;-

- Tell a teacher or another adult in your school
- Tell your family
- If you are scared to tell an adult by yourself, ask a friend to come with you
- Keep speaking up until someone listens and does something to stop the bullying
- Don't blame yourself for what has happened

When you are talking to an adult about bullying, be clear about;-

- What has happened to you
- How often it has happened
- Who was involved
- Who saw what was happening
- Where it happened
- What you have done about it already

If you find it difficult to talk to anyone at school or at home, ring;-

ChildLine – it is always open - call 0800 1111 anytime

The phone call is free and it is a confidential helpline.

Staying safe online;-

- Protect your accounts with passwords
- Never reply if you have been sent a nasty message.
- Block the bully. Report it.
- Check your website for a place where you can 'report abuse'

- Make sure you are only 'friends' with people you know in real life and can trust
- Tell a teacher or an adult you can trust
- Call Childline

If you have been bullied on line, use the link on the school website



and REPORT IT.