

ANTI-BULLYING HELP & ADVICE

If you are being bullied or know someone who is, here are some top tips on how to deal with it and get help to stop it.

If you're worried about bullying
speak to someone you trust or
call **Childline** on
0800 11 11



① IT'S NOT YOUR FAULT – YOU ARE AMAZING

It doesn't matter what colour hair you have; how you speak; how you walk; how you talk – it is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.

② TELL SOMEONE ABOUT IT

Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it's okay to be upset about it. The important thing is that you tell someone about it.

③ YOU CAN ALWAYS CALL CHILDLINE

You should always try to talk to someone you trust – a friend, carer or family member. However, if you don't want to do that, remember you can always call Childline **0800 11 11** or visit www.childline.org.uk.

④ KEEP EVIDENCE OF WHAT'S HAPPENING

Keep a record of what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, emails or posts.

⑤ NEVER FIGHT BACK

It can be tempting if you are being bullied to retaliate – to send a horrible message back to someone, to try and embarrass and hurt the other person, or to fight back. This is not a good idea – you might end up getting into trouble or get yourself even more hurt.

⑥ FEEL GOOD ABOUT YOURSELF

Hang out with people who make you feel good about yourself. If someone constantly puts you down they are not a real friend and not worth your time.

⑦ BE KIND TO YOURSELF

Do things that make you happy, relax and make new friends. This is your life so make sure it's the best life possible – don't let anyone bring you down.

⑧ REMEMBER TO BE KIND TO OTHER PEOPLE

Just because someone is different to you – that doesn't mean you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always show respect. Make it clear that you don't like it when people bully others and try to support those who are having a hard time.

**POWER
FOR
GOOD**

#ANTIBULLYINGWEEK

For more information visit
www.anti-bullyingalliance.org.uk

