

# Help right now

## What to do when the bullying is happening:

When the bullying is happening and you feel you can't do anything to stop it follow these steps:

- ✓ **Stay calm and try not to act upset or angry.** This is probably what the person bullying wants you to do.
- ✓ **Calmly remove yourself from the situation.** Try to ignore the bullying by turning and walking away calmly.
- ✓ If they try to stop or block you. **Be firm and clear** - look them in the eye and tell them to stop.
- ✓ **Don't fight back.** If you fight back you could make the situation worse, get hurt, or be blamed for starting the trouble.
- ✓ **Get away from the situation as quickly as possible,** and
- ✓ **Tell an adult what has happened straight away.**

