

Tips for staying safe

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- ✓ Avoid being alone. Try to stay in safe areas of the school at break and lunchtime where there are plenty of other people. Avoid being alone in places you know the person bullying is likely to pick on you. This might put the person bullying off until you talk to an adult or find another solution to stop the bullying.
- ✓ Staying calm. Practise what you'll do the next time it happens. Students who bully are trying to get a reaction. If you don't act upset or react the way they want you to, they might get bored and stop.
- ✓ Don't be afraid to talk to an adult you trust (like your teacher or your parent) and keep talking to them even if you think the bullying has stopped. You can talk with them about how things are going.
- ✓ On the school bus try to sit near the driver. If it's an ordinary bus sit by adults.
- ✓ If you have to walk home and you're afraid of being ambushed, try taking different routes, try to leave home and school a bit later or a bit earlier, or see if you can walk with other people who live near you even if they're older or younger.
- ✓ Think positively – remember you are a good person. Remind yourself of your strengths and the things you are good at. This decision making plan is helpful for some people to think through the situation.

