

Who can I talk to if I am being bullied?

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Don't let the bullying go on. The school cannot do anything about the bullying if they don't know about it. Take a friend with you if you are a bit nervous about talking to a teacher.

- ✓ **Talk to your school support person**
- ✓ **Talk to another teacher or a staff member you feel comfortable with.**
- ✓ **Tell your parents or another adult you trust.** Sometimes kids feel ashamed or stupid telling adults about bullying. Don't be. Usually your parents are the best people to tell because they will help you work out the best way to get the bullying to stop.
- ✓ **Talk to a friend or another student you trust.** Ask for advice or just talk to them about how you feel.
- ✓ **If your school has one, go into your school's 'School Support Online' and write an entry.** This is a great way to talk about your problem and get help straight away.

We understand that you might be scared but sharing the problem gives you someone to talk to and someone to help you to sort it out.

Remember: Telling someone that you are being bullied is NOT telling tales or dobbing.

