Are you being bullied?

Tell someone
What to do if you are being bullied:

• Don’t blame yourself for what has happened.
• Tell one of the following: a member of school staff, pupil counsellor, parent or carer.
• Explain what happened, how often, who did it, where and whether anyone else saw it.
• If you are scared to tell an adult on your own, ask a friend to go with you.
• Keep speaking up until someone listens.
• You can visit www.dfes.gov.uk/bullying/ online.
• You can ring ChildLine for confidential advice - 0800 1111