



What



I can

do if



I

am being



bullied.



Being bullied

at



school,

in other



places

or



online



can

be



very



frightening.



Bullying

is



not

okay.



It

can



stop

and



I can



learn

to



feel

more



confident

in

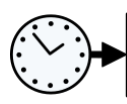


those places.



It might

take a bit of



time to

sort out.

This is



usual

because the



adults

who are



helping



me

will



need

to



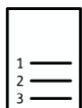
listen

to



me

and then



make a plan.



My parents

or



carers,

my



teachers

and other



adults



should



help



me.



First



I can



think about



an adult



I can



trust.



I can



ask

them to



help

me



explain

what



has been



happening.



We can

record

it on the



sheet

in this



booklet.



I could

cut out

the



symbols

and



stick

them on the



sheet

if that



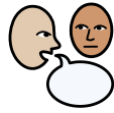
makes it

easier.



When

I can



tell

the



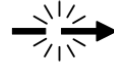
adult

what



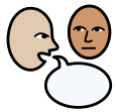
has been

happening,



I can

also



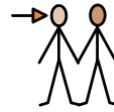
tell

them what I



don't want

them to do.



They



should



listen to



me.



Bullying

can



stop.



You can



feel

more

confident.



It might



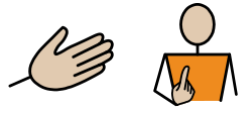
take



time.



Kidscape



can

help

me

and my



trusted



adults

sort it out.



Go to

their



website



www.kidscape.uk.



Written by Reachout ASC



www.reachoutasc.com