



www.anti-bullyingalliance.org.uk

Stop and think - words can hurt



Always respect others – be careful what you say and what you send.

Remember



Bullying is not your fault. It is always wrong and you do not have to put up with it.

See it, get help, stop it

Don't be part of bullying – if you see it get help and stop it.

Tell someone



The best way to stop bullying is to let someone know what is happening as soon as possible. Talk things through with a friend, your family or your teachers.

Seek help from other young people

Your school might have a peer mentor or buddy scheme or go to www.cybermentors.org.uk



Don't respond



If you are bullied, stay calm and remove yourself from the situation wherever possible.

Do this!



Send 10 kind or complimentary messages to your mates this week by email or MSN or ask your parents if you can send text messages.



Keep evidence

If you are being cyberbullied through your phone or the internet, keep a copy of the messages or images or MSN conversations.

want more help or info?



Sometimes it helps to talk to someone outside the situation. You could call Childline on 0800 1111 or go to www.cybermentors.org.uk