



- Bullying happens at school and at home
- Bullying hurts
- It makes people miserable
- Bullying includes name calling, threats and violence
- It can make you so worried you can't work well

If this sounds familiar and you feel you are being picked on, tell someone.

Don't suffer in silence

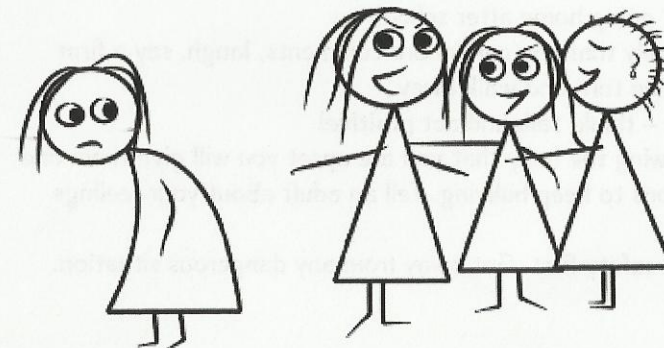
If you know someone who is being bullied? Or if you feel you need to bully others

SPEAK UP and contact Youthline

YouthLine Ltd, The Lodge, Coopers Hill, Bagshot Road, Bracknell, Berkshire RG12 7QS
t:01344 311200 fax:01344 861359
e-mail youthline@youthlinecounselling.freemove.co.uk
website: <http://www.youthlineuk.com> Registered Charity no. 1096248



**R U OK?
SPEAK UP!**



WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

- ✓ Tell a trusted friend.
- ✓ Tell a teacher/parent and request that they listen!
- ✓ Stay with a crowd to make it much more difficult for bullies to pick on you.
- ✓ It's worth staying with a crowd even when they are not your friends, i.e. going home after school.
- ✓ Show the bully that you can ignore comments, laugh, say a firm 'no', and then turn and walk away.
Be positive – think, talk and act positive!
- ✓ By not showing the bully that you are upset you will give them one fewer reasons to keep bullying. Tell an adult about your feelings instead.
- ✓ Always put safety first. Get away from any dangerous situation.

WHO is there to HELP?

- Is there a school counsellor? Ask to see him/her. This is an adult you can trust.
- Youthline has a confidential text line (0793779003 or 07963779007). Send a text with a question or when you cannot talk.
- Call Youthline to make an appointment with a counsellor (01344 311200). This is free and confidential.
- For helpful information look at websites such as

www.bullying.co.uk

www.antibullying.co.uk

www.childline.org.uk

www.kidscape.org.uk

www.connexions-direct.com

www.bbclic.com has a message board where you can read about phone and PC bullying and share your feelings about these.

www.chatdanger.com will teach you how to stay safe in cyberspace

- Call helplines such as

Childline 08001111

Kidscape 0207 7303300

NSPCC 0808 800 5000

Samaritans 08457 909090

Connexions 080 80013219 or text 08000968 336

