

Tips for children and young people

Are you a young person who's being bullied? Or maybe you're witnessing others being bullied? Either way there are ways around it. Here's our anti-bullying tips for you.

- ◇ It doesn't matter what colour hair you have; how you speak; how you walk; how you talk – **it is not your fault if you get bullied.** We are all different in some way and that's what makes us amazing.
- ◇ Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it's okay to be upset about it. **The important thing is that you tell someone about it.**
- ◇ If you feel you can, talk to a teacher you trust or your parents, brother or sister. If you don't want to do that **you can always call Childline** 0800 11 11 or visit www.childline.org.uk.
- ◇ Keep a record of what happened, when it happened, and who was involved. If the bullying is online, **keep the evidence** – save or copy any photos, videos, texts, emails or posts.
- ◇ It can be tempting if you are being bullied to retaliate – to send a horrible message back to someone, to try and embarrass and hurt the other person, or to fight back. **This is not a good idea – you might end up getting into trouble or get yourself even more hurt.**
- ◇ **Think about other ways you can respond to bullying.** For example, practice saying: "I don't like it when you say that/do that – please stop." Think about other people who can help you if you are being bullied – this could be other classmates, or a teacher.
- ◇ **Only hang out with people who make you feel good about yourself.** If someone constantly puts you down they are not a real friend and not worth your time.
- ◇ **Be kind to yourself,** and do things that make you feel good, relax and make new friends. You might play an instrument; write lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down.
- ◇ **Remember to be kind to other people!** Just because someone is different to you – that doesn't mean you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always show respect, make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.



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If you're worried about bullying speak to someone you trust or call Childline on 0800 11 11