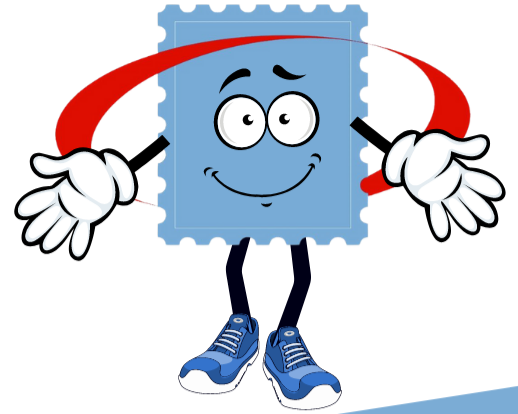


# DON'T BE A VICTIM



**#STOPBULLYING**



## Take care

- Try to avoid contact with the bully
- Take a different route home, or sit next to an adult on public transport

## Record events

- Write down everything that happens as it is happening even name calling
- Show this log to the adult that you tell

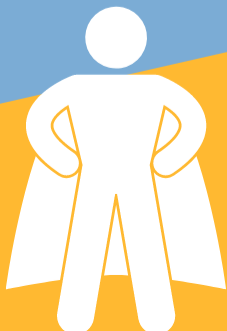


## Don't show the bully your feelings

- Don't show the bully how upset you are this will only encourage them
- Make sure you tell a teacher discreetly

## Don't be confused

- You may feel weak and that is why you are being bullied but that is not true!
- Bullies are weak
- Threats and intimidation are the only way they know how to communicate



## Be persistent

- Bullies can make it look like it's not happening
- Keep telling someone until they have stopped the bullying
- Tell a friend, teacher, parent or guardian