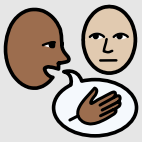
ANTI-BULLYING ALLIANCE

Widgit

I am being bullied - Top Tips

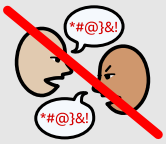
Top Tips for children and young people



Tell someone you trust.



Keep a record of what is happening.



Don't retaliate.



Surround yourself with people that make you feel good.



Don't blame yourself – it is NOT your fault.



Be proud of who you are.

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Remember

It doesn't matter what you look like or what you wear.



We are all different.



Being different is what makes us amazing.

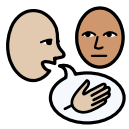


Top Tip: Tell someone you trust

If you are being bullied, it is not your fault.



If you are being bullied, remember to tell someone.



You can get help and support from:





a teacher



a family member



Childline on
0800 1111

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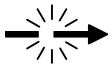
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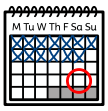
Top Tip: Keep a record



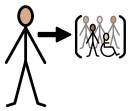
Record details:



what happened



when it happened



who was involved



Save evidence:



photos



videos



texts

Top Tip: Don't retaliate



If you are being bullied,



you might



feel like



taking revenge.



Don't retaliate

as



you might



get into trouble

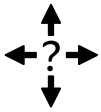
or



get more hurt.



Think about



different ways

to



respond

to



bullying.



Think about



who



can help

e.g.



classmates

or



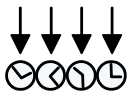
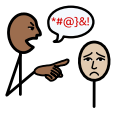
a teacher.

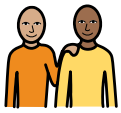
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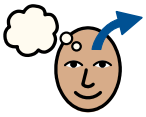
Top Tip: Surround yourself with people that make you feel good


If someone

always

puts you down,

they are not

a true friend.


Only spend time with people
who

make you feel good.


Remember:


be kind to yourself


do things you enjoy


relax more often


make new friends


be proud of who you are


Don't let

anyone

bring you down!


This is your

life

so make it

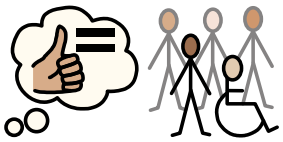
the best it can be!

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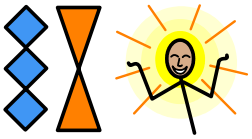
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Top Tip: Stay true to who you are



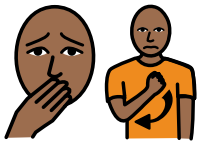
Always respect other people.



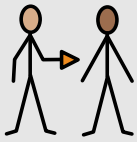
Our differences are what make us special.



It is never okay to make someone feel bad.



If you mess up, say sorry.



You

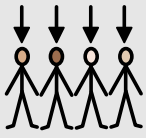


may



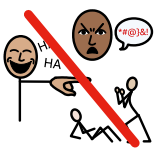
not be friends

with



everyone

but...



always make it clear that bullying is not ok.



always support people who are struggling.

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