

# ARE YOU BEING BULLIED?

Speak up!

ANYONE CAN BE A  
VICTIM OF BULLYING

don't be ashamed

Bullying can cause long-lasting trauma. You don't have to  
put up with it!

**SPEAK UP!**

Tell a friend, teacher, parent or youth worker.  
Find out what the policy is in your school or college.  
You have rights.

If a crime has been committed you should go to the  
police.

If you are being bullied, please speak to someone at your school or college. You should  
contact:

# BULLY? 'FESS UP!

Are you to blame for bullying someone?

Do you take jokes too far?

Deliberately upset people?

Share mean content or target someone online?

Are you singling people out?

## WHY DO YOU DO IT?

Maybe you're lonely and insecure.

Putting someone else down will not make you go higher.

Don't take your pain out on someone else -Deal with it.

## WHAT CAN YOU DO?

Be honest about what you're doing and why.

Think about the effect you're having on other people.

Get help- talk to someone about how you are feeling.

If you are unhappy and taking your feelings out on someone else, you can speak to someone:

# BYSTANDER? SPEAK UP!

Have you ever stood by and watched someone being bullied?

Bullying can take place in person or online and can be physical or emotional.

Bystanders can make a huge difference...

## WHAT CAN YOU DO ABOUT IT?

Stay calm- don't be aggressive.

Speak up and let people know you're on their side.

Show solidarity- ask if the person is okay and offer help.

Report the incident.

If you see someone being bullied in your school or college, you can report it at: