

Bullying – what can you do?

If it happens in person:

- ignore them
- tell them to **stop** and then walk away
- pretend you don't care
- go somewhere safe
- get support from your friends.

If it happens online:

- avoid responding to the bullying
- block and report anyone who is bullying online
- protect yourself online – use privacy settings and keep records.

If you see someone being bullied:

- leave negative online conversations – don't join in
- support others being bullied.

If it doesn't stop:

- talk to an adult (parent, teacher) who can help stop the bullying
- keep asking for support until the bullying stops.