

# Dealing with Bullying

If you are being bullied, or see someone else being bullied, there are some things you can do to help deal with it.



#ANTIBULLYINGWEEK

**Report It** – tell a trusted adult, such as a teacher or family member, about what is happening. If you don't feel comfortable talking to someone you know, there are also helplines that you can contact for advice.



**Talk It Out** – if you feel safe to do so, try to talk to the person who is bullying you and explain that their behaviour is harmful or upsetting. They may not realise the impact that their actions are having.

**Walk Away** – if you are experiencing bullying, remove yourself from the situation if you can do so safely. Try not to retaliate as this can make things worse and you could get into trouble yourself.



**Collect Evidence** – keep a note of what happened, who was involved and when it happened. If the bullying is online, take screenshots of messages or comments so you can report it.

**Surround Yourself with Friends** – spend time with people you trust who make you feel good. If you are being bullied by someone in your friendship group, consider if they are a true friend.



**Don't Blame Yourself** – if you are being bullied, remember it isn't your fault. You shouldn't have to change anything about yourself to appease someone who is bullying you, and you don't have to go through it alone.

**Be Confident** – hold your head up high and do things that make you feel good about yourself. This could be joining a new club or sports team, or doing something you enjoy, like drawing, writing or making music.



**Be an Ally** – if you see someone else having a hard time, stand up for them and make it clear you are on their side. If you think this will make the situation worse, report the bullying to a trusted adult.

The Anti-Bullying Alliance coordinate Anti-Bullying Week each year in England and Wales. You can find further free resources for Anti-Bullying Week on their website. ABA also have free anti-bullying resources available for schools – [CPD anti-bullying online training courses](#). Become a United Against Bullying School and enroll on ABA's free whole-school [anti-bullying programme](#) today.