## **Top anti-bullying tips**

## Tips for children and young people





Are you a young person who's suffering at the hands of bullies? Or maybe you're witnessing others being bullied? Either way there are ways around it. Here's our antibullying tips for you.

If you're worried about bullying speak to someone you trust or you can call ChildLine on 0800 11 11

- It doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk it is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.
- Whether you are a boy or a girl, old or young, big or small bullying makes you feel rubbish and it's okay to be upset about it. **The important thing is that you tell someone about it.**
- If you feel you can, talk to a teacher you trust or your parents, brother or sister. If you don't want to do that **you can always** call Childline 0800 11 11 or visit <a href="https://www.childline.org.uk">www.childline.org.uk</a>.
- Keep a record of what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, emails or posts.



- It can be tempting if you are being bullied to retaliate for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back. This is not a good idea— you might end up being seen as the trouble maker or get yourself even more hurt.
- Think about other ways you can respond to bullying. For example, practice saying: "I don't like it when you say that/do that please stop." Think about other people who can help you if you are being bullied this could be other classmates, or a teacher.
- Only hang out with people who make you feel good about yourself. If someone constantly puts you down they are not a real friend and not worth your time.
- Be kind to yourself, and do things that make you feel good, relax and make new friends. You might play an instrument; write lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible don't let anyone bring you down.
- Remember to be kind to other people! Just because someone is different to you and your friends that doesn't mean you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone but you should always show respect, make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.





