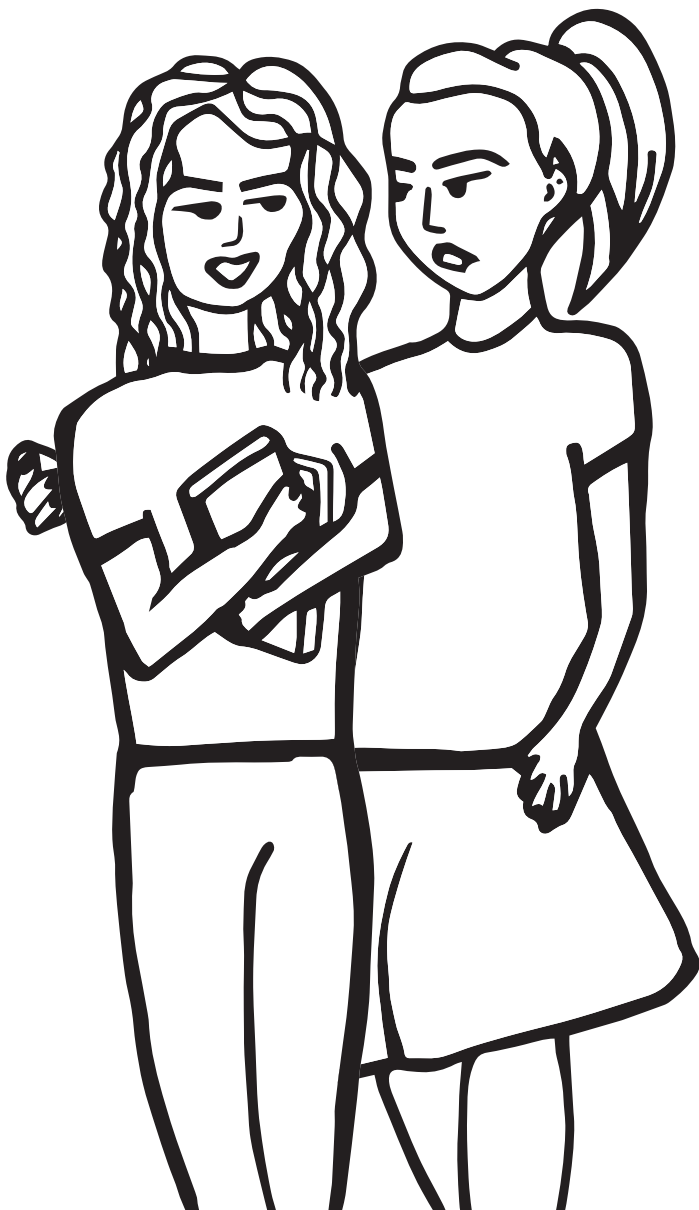


## How can you help someone who is being bullied?

If you think someone in your class is being bullied, you can help them by doing the following things:

- **Don't join in** – Sometimes children bully others because they think that this is a way to appear strong and cool. If you join in, the bully might think it's cool to bully others. If you ignore it, the bully might realise it's not cool to bully a classmate and give up.
- **Talk to the classmate being bullied** – Let them know you've seen how the bully treats them, that it's not okay and it doesn't mean anything bad about them.
- **Make friends with this classmate** – Walk with them to class, talk to them in the yard, look out for them. This will really help them out if they are being bullied. It's good to have a friend.
- **Talk to the bully and ask them to stop** – Sometimes the bully doesn't know that they are making others feel sad. Talking to them could help them to change the way they treat their classmates. Only do this if you don't think the bully will target you. If you think you'll be putting yourself in danger, talk to an adult first.
- **Speak up** – Tell a teacher or a parent what you've seen. Just because you tell a teacher or a parent about someone being bullied, doesn't mean you're tattling on the bully. It just means you're protecting others in your class from being bullied. This is something to be proud of.



## What can you do if someone is bullying you?

- Get away from the harmful situation as soon as you can.
- Tell someone you trust about it such as parents, teachers, the principal, and older friends.
- If the person you told cannot help you or does not do anything, find someone else!  
**Never keep being bullied a secret!**
- Practice your body language – shoulders back, head up and a smile on your face. Try not to let the bully see you are upset. Bullies are looking for signs that you are upset and they may do it more.
- Get involved in after school activities to boost your very important self-esteem.
- Avoid areas where the bully feels comfortable picking on you such as corners of the playground, lonely corridors where teachers cannot see you.
- Try to surround yourself with friends and people who will stand up for you.
- Never feel like you are to blame, it is the person who is bullying you who is at fault.