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.