TIPS for Anti-Bullying

If you see someone being bullied and you don't do anything to help them, it will just continue and may get worse. Read our advice on how you can help stop the bullying.

People who are being bullied can feel really distressed and it can have a serious impact on their life and health. Often other people don't realize the effect that bullying has when it goes on day in day out.

How to tell if someone is being bullied

- Is anyone taking a lot of time off, getting to school late, trying to avoid being in situations like the toilets or changing rooms?
- Do you hear someone calling them names?
- Are rumors being spread about them, in person or online?
- Are they being left out of things in class?
- Are they spending break and lunchtime on their own?
- Are people arranging fun things to do and leaving them out?
- Are they getting nasty phone texts and abuse on the internet or by instant messaging?

If so then you already know someone who is being bullied.

You might be afraid that if you do something about it, the bully might pick on you next but there are things you can do to help.

What you should do to help someone being bullied

- Tell a teacher
- Go with the person being bullied and back up what they say to the teacher
- Tell the person being bullied that you'll help them to tell their parents
- Tell your parents what's happening
- Agree with your friends that you will all make it clear to the bully that you don't like what they're doing
- Keep a diary of what you see going on so that you can give a teacher a reliable account of what has been happening