

Tackling Bullying

Step 1

- Look for advice on tackling bullying
- You're in the right place! Check out our Assertiveness advice and links to useful websites

Step 2

- Try to resolve the issue yourself
- Think about what YOU can do to stop the bullying

Step 3

- Ask for advice anonymously
- Contact us through the website, leave a note through the anxiety box, or contact organisations like Childline

Step 4

- Talk to someone
- Speak to someone you can trust about your problems, such as us, teacher, friends, or parents

Step 5

- Act on the advice you are given

WHO YOU CAN SPEAK TO

