

# I'm Being Bullied, What Should I Do?

Here are some things you can do if you are being bullied.

**If it's hard to stand up for yourself, ignore the bullying and walk away.... then tell an adult who can help.**

**Look brave and tell the child who bullied to back off... Bullying is NOT cool!**

**Talk to an adult who can help, like a teacher or a parent.**

**Stay calm... try not to show that you are getting sad or mad.**

**If you're scared to talk to an adult, ask a friend to go with you.**

**Be safe... fighting back can make things worse.**

**Practice with your parents or teachers what to say and do next time you are bullied.**

**Don't blame yourself... it's not your fault.**

**Go to areas where you feel safe.**

**Bullying is something a lot of kids have to cope with.**

**Stay close to students who will stick up for you.**

**The more we talk about it, the faster we will stop it.**

Suitable For  
Up To Age 8

1 800 668 6868

**Kids Help Phone**

[kidshelpphone.ca](http://kidshelpphone.ca)

**FREE ANONYMOUS COUNSELLING  
24/7 BY PHONE OR BY WEB.**