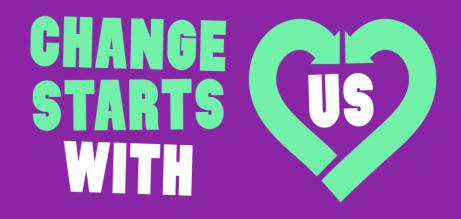
Tell a teacher, form tutor, Head of Year or another adult in school Talk to your friends for support Speak to a Peer Mentor Try and stay with your friends in groups As best you can, stay out of their way Stand up for yourself but don't escalate the problem Use Kooth.com to get support Try talking to them **Report it straightaway** Speak to the HeadStart Workers Talk to someone at home Use the Safe Space Try not to retaliate Speak up Take screenshots of any cyber bullying Do something you like Try not to react and especially show fear Don't just think it'll get better without telling someone. They can and they will help you

Young people in Kent say: "It's not acceptable to be bullied in schools!" Here's what they suggest you do if experiencing this.



#ANTIBULLYINGWEEK