

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.

**CHANGE
STARTS
WITH**



#ANTIBULLYINGWEEK