Are you being bullied?

Bullying is when someone deliberately upsets or hurts another person more than once.

You always have the right to feel safe at school.

It can be hard to stop bullying without help.

Things you can do

- Tell them you don’t like how they treat you, and ask them to stop
- Walk away from the person who is hurting you
- Talk to a teacher you trust – they will be able to help you
- Talk to a family member or close friend

For help ring Kids Help Line 1800 551 800
or visit www.kidshelp.com.au