Have you seen someone being bullied?

Bullying is when someone deliberately upsets or hurts another person on more than one occasion.

If you see someone being bullied, you have the responsibility to help.

If the suggestions below don’t work you should seek support from a parent or teacher.

How you can help

• Stand up for the student being bullied
• Take them away from the situation
• Try and change the subject
• Offer support and understanding
• Refuse to take part
• Ask them how they would like your help and support

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