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

You always have the right to feel safe at school.

It can be hard to stop bullying without help. If the suggestions below don’t work then seek support from a parent or teacher.

**Things you can do**

- Tell the person acting like a bully to stop
- Walk away as soon as they start
- Talk to a close friend or family member and ask for support and ideas about what to do
- Act unimpressed
- If you can, try to make a funny comment

For help ring **Kids Help Line** 1800 551 800
or visit [www.kidshelp.com.au](http://www.kidshelp.com.au)