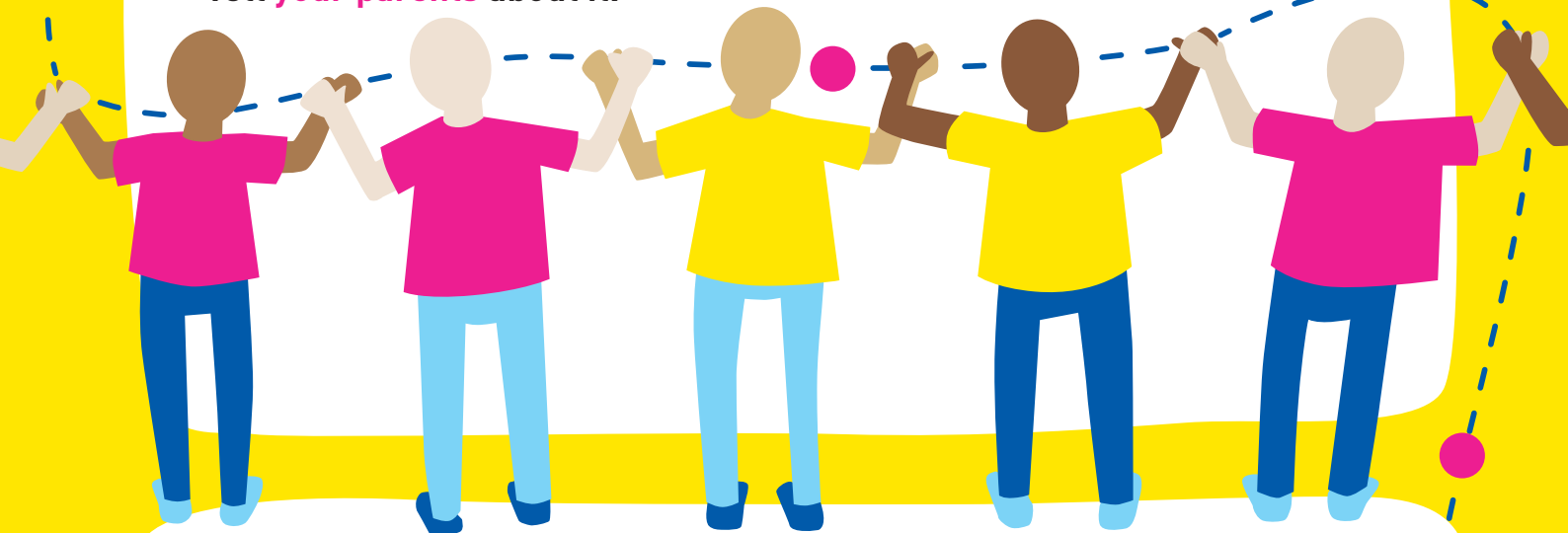




If someone is being bullied at school, do the following

For students

- Be **fair**: if you notice bullying, show your support to those who are bullied. For example, include in your group the pupil who has been left alone.
- If someone **bullies you**, tell your teacher, headmaster or some other adult in your school about it **straight away**. This way they will be able to intervene.
- Tell an adult if **someone else is bullied**.
- Explain **what** happened and **who** were there.
- Tell an adult if you have experienced bullying **online**. **Keep** the possible evidence, such as **mean messages on social media**, text messages and emails.
- Tell **your parents** about it.



Did you know that:

- The adults in your school must always intervene in bullying.
- When you need help, **you can contact not only your teacher and the headmaster, but also the school psychologist, the school social worker, the school nurse or a doctor**. The conversation will be confidential, and your wishes and opinions will be taken into account.
- You can also send **direct messages on social media** to an adult in your school.
- You have the **right to take part** in planning the school's activities and rules.



Bullying hurts. Remember that you are important and appreciated just as you are.

