

Think about other ways of responding to bullying. Fighting back is not a good idea. You might end up in trouble yourself.

Talk to the person who is being bullied to see if they are ok.

Use the worry box for anything you are concerned about

Anti-Bullying Tips For Children

Be kind to each other, respect each other's differences.

If you don't want to talk to a teacher or your parents. You can always ring Childline on 0800 11 11 or visit www.childline.org.uk

Tell a trusted grown up if you think someone is being bullied.

Say "How would you feel?" to a bully.