

Where to get help if you are being bullied

If you have a problem with any issues relating to bullying, please talk to someone. A teacher or headteacher will be able to help you. If your school has a peer support scheme, you could use that.

If you do not feel comfortable talking to someone in your school, you can talk to someone you can trust, a friend, parent or carer. They can come with you to talk to a teacher or someone else about the problem.

You can also call **ChildLine** free on **0800 1111**, someone is there all the time and the number will not show up on the telephone bill. If you cannot get through the first time please try again.

If you're being bullied, or are feeling a bit low, or are maybe troubled by something and you're not sure what to do or who to talk to, then **CyberMentors** is where you can go for help. **CyberMentors** is all about young people helping and supporting each other online. It doesn't matter how big or small you think the problem is, or whether you're being targeted online or offline, **CyberMentors** are here to listen and support you. Go to www.cybermentors.org.uk for further information.

REMEMBER: KEEPING QUIET ABOUT BULLYING ALLOWS IT TO GO ON