

## **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.

**Remember: keeping quiet about bullying allows it to go on**