

HOW TO TACKLE BULLYING— BEATBULLYING'S TOP TIPS

HELPSHEET 2

- Talk to your parents or a trusted adult so they can help you sort it out.
- Keep a record of where, when and how you are bullied, who is bullying you, witnesses, including who stuck up for you or encouraged the bullying, and keep evidence (eg damaged clothes and nasty notes).
- Try to stay around friends or in places that are public or well supervised by staff.
- If the bullying happens in a certain place, try to avoid it.
- If the bullying happens on your journey to and from school think of how else to get there.
- Walk away from potential bullying situations.
- If you are worried about physical bullying, run towards a public place or into a shop—talk to the shopkeeper and ensure people see you.
- If physically attacked, try to run away. If you can't, make yourself as small a target as possible, protecting your face with your arms around your head. Keep shouting for help.
- If you are injured or things are going missing, go to your parents or a trusted adult to tell them what has happened.

How to stay safe online

- If you're being cyber-bullied, don't ignore it or keep it a secret—tell someone. If the first person doesn't help, don't give up. Try talking to someone else.
- Always report anything abusive you see online to the site concerned. Flag it, report it or talk to someone about it.
- Save and print out any bullying messages, posts, pictures or videos you receive or see. Make a note of the dates and times of bullying messages, along with any details you have about the sender's ID and the URL.
- Never respond or retaliate—this can make things worse. Block any users that send you nasty messages.
- If you're being bullied repeatedly, think about changing your user ID, nickname or profiles to stop the bullies finding you.
- Don't post personal information—such as your address, email address or mobile number online.
- Never let anyone have access to your passwords. Check the privacy settings on accounts such as Facebook and make sure you know how to keep your personal info private.
- Think very carefully before posting photos of yourself online. Once your picture is online, anyone can download it and share it or even change it.
- You may want to consider marking your photos as private so that only your friends can view the pictures.

For more help, resources, counselling services, chat rooms, mentors online and off-line visit the Beat Bullying charity website at www.beatbullying.org or phone them on 020 8771 3377.

Waltham Forest Dyslexia Association
Opening Doors for Dyslexics