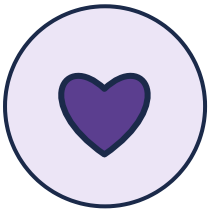
YOU ARE NOT ALONE

Is someone bullying you?

You don’t have to deal with it on your own.



It is not your fault.

Nobody deserves to be bullied.



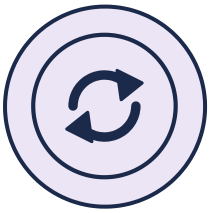
Tell an adult you trust.

A teacher, a parent or carer, or another adult at school.



Write down what happened.

What, when, where and who. Keep any messages.



Keep telling until it stops.

If nothing changes, tell someone else.

At our school you can talk to:

_____

_____

Childline: call free on 0800 1111 or visit childline.org.uk

postertemplate.co.uk