



Help! I'm being bullied

If you are being bullied, you're not alone and you're not helpless. Here are five things that you can do TODAY, to make a change.

1. First, don't blame yourself! This is the most important message and if you only remember one thing, let it be this: it's not your fault and you don't deserve it.
2. Speak up for yourself. Sometimes, bullies don't realise how much they're hurting you. Tell them, in a calm and confident voice that you don't like what they're doing and ask them to stop. If this doesn't work...
3. Please get help. Tell your teacher, your counsellor, your parents - any adult that you can trust. Sometimes it's hard to admit what's happening to you but adults do give good suggestions sometimes. If you need a confidence boost, ask a friend to come along with you. Disclaimer: not all adults are equal! If the person you approach doesn't do anything to help, please tell someone else.
4. If talking in person is too much, why not call or email the Befrienders? They're open 24 hours to give you emotional support - it's free and confidential, just call 603-79568145 or email sam@befrienders.org.my.
5. If you're being physically bullied, it's even more important to tell someone and come up with a safety plan together. Think about when and where the bullying happens - if it's on your walk home, maybe you can find a different route. Or maybe there's a friend you can walk with. If you need to run away, just do it. There's no shame in staying safe.

**#STAND
TOGETHER**