

6 HELPFUL TIPS ON HOW TO STOP BULLYING

Bullying happens to lots of different people but that doesn't make it any less hurtful



Bullying is when someone regularly does something to make you feel bad or upset.

It could be done by just one person or there could be a group of them. They may say mean things about you, try to hurt you physically, take your things or leave you out of games.

Although bullying affects lots people, that doesn't make it any less hurtful.

So with the help of [Red Balloon](#), a learner centre that provides a full-time education to children who've stopped going to school because of bullying, we've put together some helpful tips on how to stop bullying. When you've read them, check out Bea's story - the true tale of how a young girl overcame bullying!

How to stop bullying

Remember gang, you can always talk to a parent or carer to decide which of the options below might be best for you.

1. Ignore it
2. Ask the bully to stop
3. Write a letter to the bully

Explain:

- What, where and when the behaviour happened : "Today at break in the playground you called me fatty. This is not the first time you have said this."

- The impact/how it felt: "It embarrasses me and makes me feel really upset".

- What you want to happen now: "I don't want you to do it again" .

4. Ask a friend who has seen the bullying happen to help
5. Tell a teacher or adult you trust at school
6. Ask your parents to tell the headteacher

Bea's story



"My name is **Bea**, I am 17 years old. In my early school years I had lots of friends and was a happy and healthy kid.

But when I started being bullied I felt very depressed and started getting ill and missing lots of school. In the end, I had to drop out of school.

It wasn't until I found Red Balloon (a centre that supports young people being bullied), that my confidence began to build, my health improved and I made some good friends, too!

I'm now about to walk **115 miles** to the **South Pole** for The Red Balloon Learner Centre to say thanks for how much they helped me and others like me.

I've already raised over **£7,000** and will be the **third youngest person** ever walk to the South Pole!

If you'd like to sponsor my walk to the South Pole then please visit my [JustGiving](#) page!"

Have you ever been bullied? Let us know by leaving a comment below.



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