

What to do if you feel bullied



There are different types of bullying.



Someone might call you names.



Someone might steal something from you.



Someone might hit or kick you.



Someone might touch you in a way you don't like.



Someone might throw something at you.



Someone might break something of yours.



Bullying can be done by anyone.



Bullying can happen anywhere.



Hate crime is when someone bullies you because of something that you can't change or because of your beliefs.



You might be bullied because you have a learning disability.



Bullying is always wrong.



It is not your fault if you are being bullied.



There are lots of people you can tell if you are being bullied.



You can tell your family or friends.



You could tell your support worker.



If you are being bullied you could tell the police.



You could go to a hate crime reporting centre.



You could fill in a Hate Crime Report Form.



You could tell your manager or other staff where you work.



There are other people you could talk to.



You could talk to Victim Support:
☎ 0845 30 30 900



This leaflet is also available in other formats.