

Advice about bullying



Bullying is when somebody or a group of people are hurt by others.



Somebody could be hurt because people say hurtful things to them.



Or they could be hurt physically.



It can happen face to face.



Or it can happen through the internet.



If you are being bullied you might not be able to stop it.



If you think you are being bullied you should tell someone you trust.



You can also get advice and support by contacting Childline.



Call 08001111.