



# Do you see bullying?

The only way to stop bullying is to **talk to someone**

If you see others being bullied it is important that you talk to someone and let them know what you have seen. You may feel scared but you will be helping the victim of the bullying. That person could be your parent or carer, a teacher, a youth worker, a friend or an organisation like BullyWatch.

Don't let bullying happen to you.

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