



# Are you being bullied?

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

If you are being bullied it is important that you talk to someone and tell them what is happening to you. 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.

**t:** 01454 318753  
**e:** [bullywatch@hotmail.com](mailto:bullywatch@hotmail.com)  
**w:** [www.bullywatch.org](http://www.bullywatch.org)