

# Standing together against bullying

## Key messages from young people



We don't always know who to tell and what they will do to make it stop

We're afraid that if we report bullying it won't be dealt with confidentially and that reporting it will make it worse

Encourage and celebrate difference – don't single us out if we are different, have difficulties, or have different beliefs and views

Be our role models in the way that you treat people

Please keep encouraging us to speak up when we are being bullied or see others being bullied

Come back and ask us if what you have done has helped and made a difference; if it hasn't please try something else

Get informed on the signs and symptoms of bullying – know what to look out for and look out for it

Give us time to talk – we need to have a relationship with you to trust you