



“Popularity doesn’t matter in the REAL WORLD. Some of the most successful people were unpopular when they were young. Being cool isn’t the best thing to do and isn’t the easy option. Being **YOU** is.”

For support, contact:

**Childline:** 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)



[www.staceymillerconsultancy.co.uk](http://www.staceymillerconsultancy.co.uk)  
[info@staceymillerconsultancy.co.uk](mailto:info@staceymillerconsultancy.co.uk)  
tel: 07703 670 654

**Anti-  
bullying**

**tips**

1

Speak to someone.  
Don't let your thoughts and feelings build up.

2

Release negative emotions in healthy ways (doing art, meditating, writing, exercise etc).

3

If someone has hurt your feelings, tell them how you feel. They won't be annoyed and will be happy you've told them.

4

People might be bullying you because they're jealous of you. They want you to care, so don't.

5

If it's safe to, discourage the person doing the bullying and defend the victim.

6

If you see bullying, report it or get help from other friends to stand up against bullying.