

Help

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Do you need help? Not sure if you're being bullied? Think you may even be bullying and you want to stop? Then this is the place for you.

Find out what you can do if you're being bullied, learn about making a safety plan and read about other people's experiences. [The thing about bullying](#)

Whatever form bullying takes, it happens when a person or group of people who are in a powerful or secure position, pick on someone who is more vulnerable than them and less able to defend themselves. It usually happens over a period of time and the longer it goes on, the more the person being bullied feels upset and alone. Bullies will often pick on someone at a time and place that they know will never be seen or observed by another person or adult.

Basically, if the bully feels they can get away with it, they'll do it. These days, it's much harder for bullies to get away with it, because so many of us now know what we must look out for and the sorts of places bullying happens. But all of us, bullies, bullied, bystanders, adults, teachers, parents etc, must understand that we are all together in this experience.

Bullying never just affects one person or one family or one school. Everybody is affected and that's why all of us must try hard not to accept bullying when we see it, and come together to beat bullying!!