SOLUTIONS FOR RELIGIOUS BULLYING

Tell Someone
If you are being bullied, you should tell someone because they could sort out the problem.

Gather evidence
You should write down who is bullying you and write down the time it is happening so you have a better chance of remembering what has happened.

Stay safe
You should hang around with your friends and people you know because the bully won’t bother bullying you if you’re in a big crowd.

Accept that it's not your fault
When you’re going through this, you should remember that you haven’t caused the bullying.

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