

Tell Someone

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

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.

SOLUTIONS FOR RELIGIOUS BULLYING

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.

Accept that it's not your fault

When you're going through this, you should remember that you haven't caused the bullying.

