



Bullying is being mean or hurtful in a way that scares or upsets someone else. It can take place anywhere and has many different forms, such as spreading rumors, posting inappropriate photos, or threatening someone.

Being bullied is never your fault and should never be tolerated. Remember that it can happen to anyone and you're not alone. You can always reach out to someone you trust to help you through the situation.

What should I do if I'm being bullied?

1. **Stay calm and think before you act.** Don't try to retaliate or approach the person who bullied you when you're upset – this could make things worse. Clear your mind and take time to make the best possible decision about who to talk to and what you want to say.
2. **Tell someone you trust.** Reach out to a close friend, family member, church leader or teacher for support and advice.
3. Never risk being alone with anyone who threatens you or makes you feel unsafe.
4. **Call out bad behavior and report it.** Most online platforms have policies that prohibit bullying. If you're being bullied online, report it to the platform/s it's happening on. For information on reporting online bullying on Facebook, visit the [Help Centre](#). You may also wish to read Facebook's [Community Standards](#) to learn what is and is not allowed on the platform.

How can I help a friend who's being bullied?

1. Let them know they're not alone and that you're there to help them.
2. Spend time with them so they feel supported.
3. Remind them that they haven't done anything to deserve this and that no one should bully them.
4. Remind them that if they're being bullied online, they can report it to the platform/s it's happening on. For information on reporting online bullying on Facebook, they can visit the [Help Centre](#). They may also wish to read [Facebook's Community Standards](#) to learn what is and is not allowed on the platform.
5. Encourage them not to spend time alone with the person who's bullying them.
6. Help them to avoid acting aggressively toward the person who's bullying them, as this can make things worse.
7. Don't speak for your friend unless they ask you to.
8. Make sure you check on them every few days to show you still care.

What if someone calls me a bully?

It's never okay to bully someone else. No matter what another person says or does to you, the way you behave towards them is always your choice. Remember that we can't always predict what will make someone upset, so it's best not to take any chances.

If you find out that someone feels hurt by something you said or did, it's important to make a sincere apology. If you're afraid or uncomfortable about how to apologise or repair the relationship, ask a trusted adult or friend for guidance. If you're unsure about why the things you said were hurtful, apologise and ask the person for clarification. Let the person know you will be more careful and won't do it again.

For [more information](#) on bullying, you may find these resources useful:

[netsafe.org: Bullying & Abuse](https://www.netsafe.org/)

[getsafeonline.org: Protecting Yourself](https://www.getsafeonline.org/)

