



If you experience bullying, there are people including your parents, friends and teachers- who can help. You can also seek support by calling the Child Helpline 16000.

Do not stand silent when you or someone else is bullied. It is brave to tell the truth and report bullying.

Avoid any groups of bullies, even if they are fun or popular.

Bullying can be in the form of physical abuse (hitting, pushing, etc.) or verbal offenses and other subtle actions (making fun of someone else or making him/her feel unwelcome).

How to face bullying?

If you see others being bullied, do not stand still. Try to make them feel supported and that you are by their side.

Bullying is when a child is intentionally annoying or hurting another child in a repeated manner (not just a random fight or a one-time teasing word).

#ImAgainstBullying



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If you have to face bullies on daily basis, try to stay calm and look to them in the eye without fear.

If someone tries to hit you, stop them. If you can't, leave immediately and ask an adult for help.

If a group or 'gang' starts bullying you, walk away not showing attention to what they're saying.

Try to avoid being alone frequently. If someone tries to harm you, speak loudly to draw the attention of other children and teachers.

Do not let them provoke you into answering everything they say. Arguing with them will make the problem bigger.

Find a teacher or an adult that you can trust and ask for help.

How to face bullying?

Don't provide the opportunity



Defend yourself



Walk away



Don't stay alone



Cut it short



Ask for help



For help and advice, call the Child Helpline 16000