



Teen Conversation Starters

How to Ask for Help

For Teens Experiencing Bullying

Being bullied can feel overwhelming. Sometimes it's hard to know how to talk about it, even with people who care about you.

You are not alone, and it's okay to ask for help!

Try This!

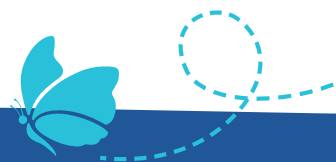
Ask to talk while you're doing something that feels more comfortable or relaxed, like **walking the dog** or going for a drive.

Sometimes talking side-by-side (instead of face-to-face) can make it easier to open up.



Tips Before You Start

- 1 You don't have to tell everything at once, start small.
- 2 Pick someone you trust: a parent, carer, teacher, school counsellor, or another adult you feel safe with.
- 3 If talking to your parents feels awkward, that's normal! You can start with something simple like "I need to talk about something that's bothering me."



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Here are some things
you can say when
asking for help

**"I'M HAVING A
HARD TIME WITH
SOME PEOPLE
AT SCHOOL AND
I DON'T KNOW
WHAT TO DO!,"**

**"I'VE BEEN
BULLIED ONLINE/
IN PERSON AND
I WANT SOME
SUPPORT!,"**

**"CAN I TALK
TO YOU ABOUT
SOMETHING
THAT'S BEEN
UPSETTING
ME?,"**

**"I FEEL
UNSAFE AND
NEED SOME
ADVICE!,"**

**"I DON'T
KNOW
WHO ELSE
TO TELL,
CAN YOU
HELP ME?,"**

**WRITE
YOUR OWN:**

TIP!

You can write it down
first if it feels easier than
saying it out loud.



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When to Talk to Your Parents

Even if it feels awkward, your parents or carers **want you safe** and can help you find solutions. You're not causing any issues or burdening them by talking about it – they will want to help no matter what.

Talk to them if:

- ✓ You feel unsafe or threatened
- ✓ The bullying is happening online or in person
- ✓ You're feeling sad, anxious, or scared
- ✓ You're not sure how to handle it alone

Need Extra Support?

Dolly's Dream is here for you. You can call our Bullying Support Line, **13 DOLLY (13 36 55)** for confidential support anytime. Or if you're not up for talking on the phone, use our webchat instead.

Available 24/7, 365 days a year.



13 DOLLY
Bullying Support Line
CONFIDENTIAL CALL: 13 36 55