

Use this template to help you describe the bullying

Write down how you are being bullied!

Who is bullying you?

When & where is the bullying taking place?

Here's a script you can use when asking for help!

Ask your teacher if you can talk to them. make sure they have the time and you have their full attention. Then you could use some of the statements below to help you!

"I need to talk to you about something that is making me feel _____

"I believe I am being bullied by

(name/describe the person)

"The way i am being bullied is

(describe WHAT they did and WHERE)

“I often feel

 (describe your feelings)

because of what is happening”

“I have tried

 (describe what you have done to try and stop the bullying)

to make the bullying stop.”

“I would like you to

 (describe what you help you are hoping to get)

“Thank you for helping me with

 (describe what the plan is to make the bullying stop)