



## **A Guide for Children**

You can be hurt or harmed by what people **DO** or **SAY** to you

### **Be a good friend ....**

**Listen** to each other

**Respect** each other. Don't gossip

**Encourage** your friends to feel good. Don't put them down

### **If a friend tells you they are being harmed ....**

- Listen to them
- Say you want to help
- Respect your friend's wishes
- Tell an adult you both trust  
Some things can't be kept secret.

### **Some useful contacts**

If you are worried about bullying, racism or bad things happening to you, phone ...

**ChildLine Scotland 0800 1111**

**Anti-bullying Network**

[www.antibullying.net/youngpeople.htm](http://www.antibullying.net/youngpeople.htm)

# People I can talk to ....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# If someone hurts you ....

- It's not your fault
- Tell a teacher or other adult you trust
- Don't give up. Keep telling someone until they hear
- You can call ChildLine on 0800 1111



# If you think someone is being harmed ....

- Talk to an adult
- Show them you care

