



# Let's stop bullying for all

**The FA Supports Anti-Bullying Week  
17-21 November 2014**



## **What is bullying?**

Bullying is when someone deliberately hurts another person – they do it because they think they have more power than them and they usually do it more than once. Bullying can include hitting, shoving, name calling, leaving someone out or sending horrible messages by text or online. Bullying can happen anywhere and to anyone.

## **Help! I think I'm being bullied – what can I do?**

**Remember** Bullying is not your fault and it doesn't mean you're weak. It is always wrong and you do not have to put up with it.

**Tell someone** The best way to stop bullying is to talk to someone you trust – your parent or carer, coach, teacher or a friend.

**Don't respond** If you are bullied, stay calm and walk away. If the bullying is online, do not reply.

Find out more at

**[childline.org.uk/explore/bullying/pages/bullying.aspx](http://childline.org.uk/explore/bullying/pages/bullying.aspx)**



## How can I help stop bullying?

### Speak up!

Make it clear to the bully that you don't like it! If it's by phone or on the internet, don't pass on nasty messages.

### Tell someone

Tell a parent, carer, coach or teacher what you have seen or heard. This is not telling tales or grassing. Bullying is wrong.

### Be respectful and kind to everyone you meet

You won't always like everyone or want everyone as a friend, but we all deserve respect. Go to [TheFA.com/Respect](http://TheFA.com/Respect) for some great video clips and tips!

## Need more help and information?

If it's hard to talk to someone you know, you can call Childline for free on **0800 1111** or talk to someone online at [childline.org.uk](http://childline.org.uk). Childline is private, which means you don't have to be shy or embarrassed.



Let's Make Football - Safe Not Sorry