

How to ask a parent or adult for help if you think you are being bullied

What?

Ask your parent or a safe adult (someone you trust, such as a family member or coach) if you can talk to them.

How to do it:

Here is a script you could use

1. "I need to talk to you about something that has been bothering me."

2. "I think I am being bullied by _____"

(describe the person or people)

3. "When they _____"

(describe **what** they did and **where**)

I felt _____ . This happens _____ "

(describe how you felt)

(describe how many times each week or day this happens)

You can repeat statements 2, 3 & 4 more times if there are different students or different things happening.

4. "I often feel _____ because of what is happening."

(describe anything else you are feeling, such as scared, sad, helpless, alone, sick or angry)

5. Choose which statement fits your needs:

"What can I do?"

"Can you help me?"

"What will you do to help me?"

"Today I don't need advice, I just need someone to listen and care."

