

# How to ask a teacher for help if you think you are being bullied

## What?

Ask your teacher if you can talk to them. You can say something like “can I ask you about my work privately?” if you’re worried about other kids around.

## When to do it:

Check that you have their full attention and they have time to listen. Are there distractions like other people coming in and out? Do they need to leave for somewhere soon?

## 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 kids 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.”



## Remember:

Keep asking for help until you get it. Sometimes a teacher understands what you need straight away. Sometimes they might need you to explain a few times before they understand what help you need. Keep asking until you get the help you need and be clear what help you want.

*Your teacher is responsible for making sure you are safe at school.*

*This may mean that if you ask for them to listen and to keep it secret, but they think you may not be safe, they might have to tell someone else or take some steps to keep you safe. Your safety and wellbeing is important and your teacher cares about you.*