

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

## What?

Ask your parent or a safe adult if you can talk to them.

## 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."