



What to do if you feel bullied



There are different types of bullying.



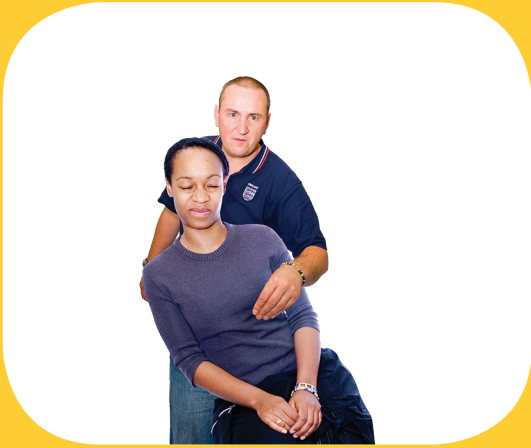
Someone might call you names.



Someone might steal something from you.



Someone might hit or kick you.



Someone might touch you in a way you don't like.



Someone might throw something at you.



Someone might break something of yours.



Bullying can be done by anyone.



Bullying can happen anywhere.



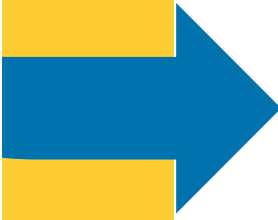
Hate crime is when someone bullies you because of something you can't change or because of your beliefs.



You might be bullied because you have a learning disability.



Bullying is always wrong.



It is not your fault if you are being bullied.



There are lots of people you can tell if you are being bullied.



You could tell your family or friends.



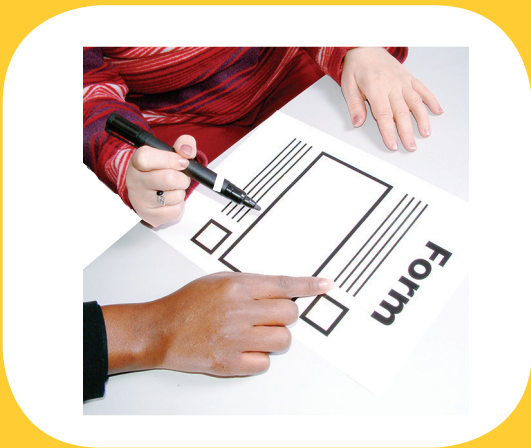
You could tell your support worker.



If you are being bullied you could tell the police.



You could go to a hate crime reporting centre.



You could fill in a Hate Crime Reporting Form.



There are other people you could talk to.



You can phone Stop Hate UK. Calls are free.
0800 138 1625.



You can phone Victim Support. You can dial 141 first, and they won't know your number.
08 08 16 89 111

Contact Details

020 8246 5200
info@unitedresponse.org.uk
www.unitedresponse.org.uk
www.facebook.com/unitedresponse
www.twitter.com/unitedresponse
www.unitedresponse.org.uk/blog



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