



**I'm ready to listen.  
Let's work out what  
to do, together.**



Help young people take action against bullying behaviour by giving them the confidence to speak out.

**See it. Report it. Show support.**

Help and resources at [DontFaceItAlone.com](https://DontFaceItAlone.com)

**Don't face  
it alone**

**#SpeakOutAboutBullying**



For support, young people can **Text SHOUT** to **85258** or contact Childline on **0800 111 childline.org.uk**

