

What to do if you are being bullied



If you have been bullied, you are not alone.

Here is some advice from young people with a learning disability about what to do if you are being bullied:

"It's good to tell your friends about it, they are good supporters. They might have been through it too"



"Just walk away and ignore them, don't react"



"Tell a teacher or your parents, they will be punished and then they will understand that they were wrong"



"Try to be confident"

Contact information

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"The best thing I can say is don't give up. No matter what happens don't give up. It will improve and there is a light at the end of the tunnel"



"Speak to your parents and get them to speak to your head teacher as they will really make a difference"



"The worst thing you can do is keep it to yourself, just talk about it. A problem shared is a problem halved, and a problem shared is possibly a problem resolved"



"When I'm feeling sad or low, I listen to my favourite music. I listen to Take That, Boyzone and Blues bands like that to cheer me up"

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