



LEARN
MEMBER
ONLY
TRAINING

Who Can I Ask For Help?

When you're being bullied, it's easy to feel like you're all alone. All of us in HOJA have felt that way while we were growing up, and it took a lot of courage for us to tell someone about it. Sometimes we had to tell a few people before we found someone who was really willing to listen, but we're glad we did because they did help us and the bullying did stop.

Here are some suggestions for who you could ask for help:

- mom
- dad
- older brother
- older sister
- uncle
- aunt
- older cousin
- neighbor
- grandmother
- grandfather
- friend's parents
- friend's older brother or sister
- Scout leader or other club leader
- coach
- priest or church leader
- an adult you know at your church
- a family friend who is an adult
- teacher
- principal
- guidance counselor
- music teacher
- secretary
- librarian
- peer support group at school
- a friend at school
- a police officer
- a doctor
- anyone else I know and trust

It can be especially hard if your parents are not willing to help you and think you should deal with it on your own. Your parents love you, but they likely do not understand that:

- *Bullying is NOT a normal part of growing up*
- *No child should have to go through the pain of being bullied*
- *Something CAN be done to stop the bullying*

Keep asking different people until you find someone who will listen to you.

A great option is Kids Help Phone 1-800-668-6868 (www.kidshelpphone.com)

It's free, you do not have to give your name, and you can ask any questions you want, 24 hours a day.

They have been helping kids for 22 years now, and they will do all they can to help you and give you some suggestions for what to do.