

RESPECT

DIARY

Bullying is a kind of abuse, it happens when

a person or group keeps doing or saying things to hurt another person.



a person or group tries to control another person.



There are different types of bullying.

- Physical – when someone hits you or tries to steal your things.
- Verbal – when someone calls you names.
- Exclusion – when you are left out an activity or deliberately kept out.

Keeping a diary about when bullying affects you means you can remember what has happened when you want to tell people. It will help other people take what happened to you seriously.

Bullying is not a joke—you should make sure other people know how serious it is by writing it down.



You can use the next pages to write down what happens when you are bullied. Even if you don't think it will happen again, it is good to write it down.

Use the headings on each page to make sure you don't forget to include any important things.

If you want to show your diary to someone there is more information at the back.

Date and Time

What happened? What was said and what was done?

Who was involved?	Where did it happen?	Was any thing taken?	Did anyone see?

If you don't know names describe them.

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What you can do if you have been bullied and want it to stop

You can speak to a friend about what you have been going through and ask for their advice.



You can go to a local advocacy group for help. There are advocacy organisations that can help people with learning disabilities in every area.



You can speak to the police about what has been happening and ask them to help.



Speaking to other people about being bullied

Date and Time

Who did you speak to? What was said and did they do about it?

For more copies please contact

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