

For Teens

You're not alone. Learn how you and your friends can take action against bullying behaviour.



I am being bullied

Remember that bullying is never your fault, and it can happen to anyone.

Bullying comes in many different forms and can include saying mean things, spreading rumors, posting inappropriate photos, bothering or not leaving someone alone, and making threatening remarks, among other things.

Bullying may make you feel embarrassed and like you're all alone. But you're not alone and it's important to find someone who can help you through the situation. Reaching out to someone you trust.

If this situation is taking place online, be sure to use one of the multiple tools Facebook offers to help handle the problem.



Facebook tools and options

- **Report the photo or post.** Facebook will review the post or photo to see if it violates the [Facebook Community Standards](#), which are the policies that describe what's OK and what's not OK to post on Facebook. If it does violate the standards, Facebook will remove it. Facebook reports are confidential — the person who posted it will know it's been reported, but not who reported it.

If the photo or post is upsetting but doesn't violate the Facebook Community Standards, through the reporting process you can [choose to contact the person who posted it](#) directly, or share it with a trusted friend or adult, and ask them for help.

- **Unfriend the person.** This means the person will be removed from your Facebook friend list. They won't see the person's posts in News Feed.
- **Block the person.** The person won't be able to start a conversation with you or see your profile, and you won't be able to see theirs. You also won't appear in each other's search results.





Bullying
behaviour
is never
acceptable.

No matter what, no one has the right to intentionally hurt another person.

When people are mean to someone, it usually has nothing to do with the target — it's about the insecurities of the person who did the bullying or said mean things.

Your safety — both emotional and physical — is important. While you might be uncomfortable or afraid to share that you've been the target of bullying, a trusted friend or adult can give you the support you need.

1 Stay calm.

Before you do anything, take a few deep breaths. This will help you think more clearly so you can make the best possible decision about who to contact and what you want to say them. It's best to not approach the person who bullied you when you're upset.

2 Tell someone you trust.

If you've been threatened or you're worried about your safety, talk to someone you trust immediately. It's important to let someone else know about your situation so that they can give you the help and support you need. Reach out to a close friend, a family member, a teacher or to contact the police.

3 Be safe.

If you feel uncomfortable talking to the person who bullied you, consider bringing along a trusted friend or adult. Never risk being alone with anyone who makes you feel unsafe. You have the right to stand up for yourself, but you don't want to put yourself in more danger by doing or saying something you might regret later.

4 Don't retaliate.

Trying to get even with the person who bullied you only makes the cycle of bullying continue and puts you at risk of getting hurt. If you talk to the person who bullied you, use simple and direct language, speak calmly, and stay confident in your belief that what the person did was wrong.



What to do when

You may want to decide on a few solutions that feel right, so that if one doesn't work, you can try another.

For minor incidents, like teasing or a single mean comment:

- 1. Ignore it.** If the incident is something that doesn't really matter to you and won't affect your reputation, take a deep breath and let it go. Most bullies are looking for a reaction, so show them you're confident by not responding.
- 2. Delete or untag the offending message or photo.** If someone has posted something you don't like, you may just want to delete it or [untag yourself](#). To be safe, you might consider printing it or taking a screenshot first in case you need it later to share with a trusted adult.
- 3. Reach out.** If someone has made a comment that you don't like, consider first giving them the benefit of the doubt. Is it possible there was a misunderstanding, and they were trying to be funny rather than hurtful? Call or message them to explain how you're feeling.

For more serious incidents, when you're upset but not in danger:

- 1. Contact the person.** If someone has posted or said something that you find hurtful, let them know that you aren't happy about it and ask them to take it down. There is no guarantee that they'll remove it, but if you send a clear and direct message, they might.
 - Start with a simple request, like "Hey, that comment wasn't funny. Could you please take it down?"
 - If you think they've posted something to hurt you deliberately, help them to understand how you feel. Try something like "This post/photo makes me uncomfortable. I'm sure you wouldn't want something like this on your Timeline. Please take it down and delete it."
 - If they take it down but you're still feeling hurt, ask them to follow up with an explanation. Say something like "I'd appreciate if you'd tell everyone that what you wrote was a joke, to make sure people know it wasn't true."

If you want to reach out to the person on Facebook, Facebook provides [some suggested messages](#) for you, or you can write your own.

- 2. Block the person.** When you [block someone](#), they can't send you messages, see what you post or add you as a friend.

- 3. Report the content to Facebook.** Remember to give a clear description of where the content is. You may also want to take screenshots of any offending posts, photos or conversations with the person who is bullying you.

If you feel your safety (or the safety of someone else) is in jeopardy — for example, if someone is stalking you, posting explicit photos, threatening you directly, extorting you or sexually harassing you:

- 1. Talk to a trusted friend or adult.** Even if it feels difficult, we recommend that you tell a family member, teacher or someone else you trust about what's happening. Stay calm, and if possible, show them as many pieces of evidence as you can.
 - You might say something like "_____ is spreading horrible rumors about me which aren't true, and I don't know what to do. Please can you help me figure out how to stop them from posting mean things/photos about me?"
 - Make sure you stress the urgency of the situation. Try something like "_____ is threatening me and I'm really frightened. I need your help with this right away."
 - If you're nervous about telling an adult, ask a friend to come with you for support. You might say something like "Can you come with me to talk to my mum/dad/teacher? I'd appreciate it if you were there to help me."
- 2. Contact the authorities.** If you feel you're in immediate danger, dial 999 and contact the police.



My friend is being bullied

If you know someone who's being bullied, helping is the right thing to do. Research has shown that when you help someone who's being bullied, it helps stop the bullying **85%** of the time.



Facebook tools and options

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If the photo or post is upsetting but doesn't violate the Facebook Community Standards, through the reporting process your friend can [choose to contact the person who posted it](#) directly, or share it with a trusted friend or adult, and ask them for help.

- **Unfriend the person.** This means the person will be removed from your friend's Facebook friend list. They won't see the person's posts in News Feed.
- **Block the person.** The person won't be able to start a conversation with your friend or see their profile, and your friend won't be able to see theirs. They also won't appear in each other's search results.



Your support will mean a lot to your friend. Here are some of the best ways you can help out.

1 Stay calm.

Before you approach your friend to offer help, take a few deep breaths so you can think clearly.

2 Talk to your friend.

Let your friend know that they're not alone and that you want to help them handle the situation. Your encouragement and support will mean a lot. Remind them that they haven't done anything to deserve this and that it's not their fault. Help them make a decision about how to behave in front of the person who bullied them and to stay confident.

3 Offer advice.

Ask your friend what you can do to support them. Try to help them avoid escalating the problem or acting aggressively, which can make things worse, and don't speak for your friend unless they ask you to. Encourage them not to spend time alone with the person who's bullying them.

4 Be kind.

Make an effort to hang out with your friend so they feel supported, and ask other friends to do the same. Check back in over time to show you still care.

5 Get help.

Encourage your friend to reach out to a trusted adult to talk about the situation. If you're worried about your friend's safety, tell someone immediately.





What to do when

You may want to decide on a few solutions that feel right, so that if one doesn't work, you can try another.

For minor incidents, like teasing or a single mean comment, advise your friend to:

- 1. Ignore it.** If you and your friend agree that the incident wasn't really that big a deal, suggest they just let it go. Bullies are often just looking for a reaction, so don't give them one.
 - Say something like "Don't worry, people aren't going to take this seriously. You can just ignore it. If the person doesn't get a reaction, maybe they'll stop."
- 2. Delete or untag the message or photo.** If your friend just doesn't like the photo or message, they may just want to delete or **untag** it. Print it or take a screenshot first in case your friend needs it later.
- 3. Reach out.** If the person is someone your friend knows well, see if they want to give them the benefit of the doubt. Is it possible there was a misunderstanding and they were trying to be funny, rather than hurtful? Suggest that your friend call or message the person to explain how they're feeling. Encourage them not to try and get even by sharing a mean post or photo.

For more serious incidents where your friend is upset but not in danger, advise them to:

- 1. Block the person.** When you **block someone**, they can't send you messages, see what you post or add you as a friend. You can also help your friend manage their Facebook settings to feel more secure.
 - Try something like "Let's change your privacy settings to make sure only your friends can see your profile. Then we can delete the post and unfriend or block the person who bullied you."
- 2. Contact the person.** Volunteer to approach the bully with your friend.
 - Say something like "Let's go talk to him/her together. Maybe he/she didn't really understand how upset you'd be. We can ask him/her to take the post or photo down. I can also help you write a message if you'd prefer."

There is no guarantee the person will remove the post or photo, but if you or your friend send a clear and direct message, they might. If you're unsure about what to say, ask for help from a trusted friend or adult.

Facebook provides **some suggested messages** for you, or you can write your own. Make sure you do not write a message to get even. That could make things worse. Don't approach the person who bullied your friend alone if you don't feel comfortable.

- 3. Report the content to Facebook.** Remember to tell your friend to give a clear description of where the content is. You'll also want to take screenshots of any offending posts, photos or conversations with the person who is bullying your friend.
- 4. Talk to a trusted adult.** Even if it feels difficult, tell a family member, teacher or someone else you trust about what's happening. Stay calm, and if possible, show them as many pieces of evidence as you can.

Let the trusted adult know that you're worried about your friend. Say something like "_____ is being bullied and I'm worried about what might happen. I could really use your help with this right away."

- 5. Contact the authorities.** If your friend feels like they're in immediate danger, they need to dial 999 and contact the police. If they won't do it, you should call. Let the authorities know where your friend is.



I have been called a bully

It's never okay to bully someone else, and no one should ever have to tolerate being bullied.

Each of us is responsible for our own behaviour and no matter what another person says or does to you, the way you behave towards them is always your own choice. Remember that we can't always predict what will make someone upset, so it's best not to take any chances.

Generally, people who bully others:

- Are not caring of other people's feelings
- Have a hard time understanding other people's perspectives
- Are verbally aggressive toward others
- Tend to blame others for things that go wrong
- Have a hard time handling anger and other strong emotions
- Seek power in relationships
- Provoke physical fights

If any of these sound like things you do, it's a good idea to talk with a trusted adult like a family member or teacher to get help.



What to do when

You may want to decide on a few solutions that feel right, so that if one doesn't work, you can try another.

Below are some tips to help you if you have been accused of bullying.

- 1. Apologize.** Whether or not you believe you hurt someone, if someone feels hurt by something you said or did then there is some kind of problem. It's important to make a sincere apology. Apologizing:
 - Can show strong character because people know you are able to say you're sorry.
 - Is the first step in repairing a relationship.
 - Can help you shift your reputation away from being a "bully." People might respect you for trying to create a better environment for you and your peers by clearing the air and apologizing.

If you're unsure about why you were seen as a bully, apologize and ask the person to let you know more about why what you said or did was hurtful. Let the person know you will be more careful and won't repeat it.

It's also important to let everyone who witnessed your behaviour, or who saw your post, know that you are sorry and have apologized. Instead of being seen as a bully you can now be viewed as a positive role model for how to repair a bullying situation.

- 2. If you need help apologizing, get guidance from a trusted friend or adult.** If you're afraid or uncomfortable about how to apologize or repair the relationship, ask a trusted adult or friend for guidance. You might have the friend or adult with you when writing a message, calling the person, or meeting with them in person. Discussing the situation with a trusted friend or adult also can help you to understand your own behaviour better.

Here are some ways to start the conversation:

If you realize what you did was wrong and feel sorry for what you did:

With the person you hurt:

"I'm very sorry for what I did. I understand why you're upset. I'm going to remove the photo/post now. I should never have done that. I hope you accept my apology."

With a trusted friend:

"I wasn't thinking when I posted this message about _____, I'm so sorry that I hurt him/her. Everyone is now saying mean things about me, and I don't want to be seen as a bully. I'd really like your advice on how to say sorry to him/her."

If you are confused or surprised about why someone accused you of bullying because you did not intend to hurt someone, apologize and ask what you did wrong.

With the person you hurt:

"I'm so sorry for what I did. I had no idea that what I said was so hurtful. I really didn't mean to upset you. Can you accept my apology? Please let me know if there is anything else I can do."

With friends who witnessed the event:

"On Thursday, I wrote something on _____'s wall that was disrespectful. I thought it was funny at the time, but I now realize that it was wrong. I apologized, and want everyone to know that I'm very sorry."

With a trusted friend:

"_____ just sent me a message saying that they were hurt by what I said, but I'm not sure what I did wrong. I really didn't mean to hurt them. Do you know why he/she was so hurt? I want to apologize, but just don't know what to say."

If you felt you did nothing wrong and you only replied because they upset you first:

With the person you hurt:

"What I just posted was not nice and I'm sorry. I was upset about what you said to me the other day and instead of telling you, I posted that message. I still feel that what you said was wrong too but I want to apologize and I hope you can too. I'll let everyone know that what I did was wrong and would like it if you could do so as well."

With a trusted friend:

"I need to talk to you. Last week _____ said something that made me really angry, so I posted something horrible about them. I know it was wrong but at the time, it felt like the right thing to do. I want to apologize but I don't know what to say. I think we were both wrong and think we should both apologize to each other."

Bullying Prevention

Help your community create an environment where it's understood that bullying of any kind isn't cool.



1 Become an expert.

Educate yourself about bullying, and talk with your friends to come up with ideas for how to prevent it.

2 Be an advocate.

- Encourage friends to share their stories.
- Start a club, build a campaign or host an event to raise awareness.
- Be a role model and mentor other teens about how to be safe both online and offline.

3 Be smart with your personal information online.

- Control who sees your information by setting up privacy controls on your Facebook account.
- Protect your password and change it regularly.
- Log out of accounts when you leave your computer.
- Never open or respond to messages from people you don't know.

4 Be responsible.

Think before you post. Don't post anything that might compromise your reputation or the reputation of others. Remember to treat others how you want to be treated.

BROUGHT TO YOU BY:



FOR ADDITIONAL INFORMATION PLEASE CHECK OUT THE LINKS BELOW:

Media Literacy Council
medialiteracycouncil.sg

Facebook Family Safety Center
facebook.com/safety