

I'm being bullied but I'm afraid to speak up. What should I do?

Bullying can make anyone feel scared, alone, and helpless. It can be difficult to talk about bullying, especially if you're afraid of making things worse. However, keeping silent won't make the situation better, and it's essential to speak up and seek help.

Here are some tips to help you if you're being bullied but are afraid to speak up:

1 – Understand what bullying is.

Bullying can take many forms, including physical, verbal, social, and cyber bullying. It's essential to [understand what bullying is](#), so you can identify when it's happening to you.

2 – Talk to someone you trust.

Talking to someone you trust, like a parent, carer, teacher or counsellor, can help you feel less alone and more supported. It can be scary to talk about bullying, but it's essential to have someone in your corner who can help you figure out what to do next.

3 – Practice what you want to say.

It can be helpful to practice what you want to say before talking to someone about bullying. You can write down what's happening to you, how it makes you feel, and what you want to happen next. This can help you feel more confident and prepared when you're ready to talk.

4 – Use technology safely.

If you're experiencing cyber bullying, it's essential to use technology safely. This means avoiding engaging with the bully, blocking them on social media, and not sharing personal information online. You can also report cyber bullying to the website or app where it's happening or report it to the eSafety Commissioner [here](#).

Remember, you're not alone, and there are people who can help you. Bullying is never okay, and everyone deserves to feel safe and respected. Don't be afraid to speak up and seek help if you're being bullied. There are resources available that can help you navigate this difficult situation.

For immediate support, please reach out and contact one of the support lines below.

[Dolly's Dream Support Line](#) 0488 881 033

Parentline in your state or territory

Kids Helpline 1800 55 1800

headspace 1800 650 890

Lifeline 13 11 14