

## Helpful Information

### How can you help yourself

- Avoid areas where you have been bullied if it is possible.



- Make sure you have friends around you in places where you have been bullied.



- You have someone in school they can talk to who understands their situation.



- You find time to talk to people who can help you



- They know that you are not to blame for being bullied. The Bully has the problems not you!

In school you can talk  
to any adult in school

### Other agencies you can contact:

#### Youth Enquiry Service (YES)

Tel: 01534 280530

Email : yes@jys.je

#### LGBTQ+

Tel: 01534 4280500

Email: davidbras@jys.je

#### You Matter

Tel: 07797969886

Email: hello@youmatter.je

#### Youth Service:

Tel: 01534 280500

Email: jys@gov.je



States  
of Jersey

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## Leaflet for Pupils

*Moving Jersey towards a  
bullying-free island*

**I know someone  
who is  
being bullied**

**PILOT PROJECT**



