Date: ____________________

Dear __________________________ (name of your Principal/Teacher/Counsellor/Coach)

I have a serious bullying situation which I have been trying to stop for the past ______________ (length of time). I am involved because I:

☐ have been bullied ☐ have bullied ☐ have seen others being bullied

This situation includes: (Check everything that applies).

☐ Physical Bullying ☐ Racial Bullying
☐ Verbal Bullying ☐ Sexual Harassment
☐ Social Bullying ☐ Dating Aggression
☐ Cyber Bullying

After thinking about the bullying for sometime, I would to share how I am feeling about the situation with you: (describe your feelings here)
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

I have tried to improve the situation by: (describe ways you have tried to stop the bullying)
_____________________________________________________________________________
_____________________________________________________________________________

I would also like: (list changes would you like to see)
_____________________________________________________________________________
_____________________________________________________________________________

I am asking for your help in stopping the bullying from reoccurring. It's important for me that the situation change. I would like us to meet so that together we can come up with some solutions that can help me have a better relationship with my classmates. I am writing you this letter because I am truly hoping that you can help me feel safe. I look forward to meeting with you.

Thank you,

_____________________________ (your name)

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