

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).

- |  |  |
|--|--|
| <input type="checkbox"/> Physical Bullying | <input type="checkbox"/> Racial Bullying   |
| <input type="checkbox"/> Verbal Bullying   | <input type="checkbox"/> Sexual Harassment |
| <input type="checkbox"/> Social Bullying   | <input type="checkbox"/> Dating Aggression |
| <input type="checkbox"/> 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)

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

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

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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)