

Date: _____

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

I have a bullying problem. I have tried to make it stop. It has now been going on for _____ (length of time). I have:

- been bullied bullied others seen others being bullied

What happens is: (Check everything that applies).

- Physical Bullying Social Bullying
 Verbal Bullying Cyber Bullying

I have thought about this a lot and I want you to know that I feel: (say how you feel)

I have tried to make things better by: (say how you tried to stop the bullying)

I would also like: (say what change you want)

Please help me to stop the bullying. It is very important to me that it stops. I want to talk with you about ideas that you have to help me. I need your help to feel safe.

Thank you,

(your name)

