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)

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