

Keeping a record about the bullying you have endured can be really helpful – especially when you are talking to someone to help sort it out. Try to remember and write down as much as you possibly can. Information such as what happened, where it happened and who was involved. You can show this diary to someone you trust, or just use it to remind you when you are talking to him or her about what is happening to you.

Name:

School:

| Date & Time | What happened? <i>(What was said or done to you?)</i> | Who was involved in the bullying? <i>(Their names or a description)</i> | Where did the bullying occur? <i>(Playground, bus stop etc)</i> | Was anything taken? <i>(Bag, money, phone etc)</i> | Were there any witnesses? |
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