

**BLOG**

**Written by Chantelle**

**Supporting a friend who may be experiencing bullying**



**Be there**

Spend time with your friend to help as a supportive distraction. Do things they enjoy doing i.e. going to the cinema/a walk/walking the dog etc. Something fun.

**Talk**

LISTEN.  
LISTEN...

Give them the chance to talk, just listening can be the most help sometimes. Most of all be patient



**Reassurance**

Offer them reassurance that you can help find them the help they need or want. You could also share that it's okay to feel how they're feeling and that it doesn't have to stay that way if they want help to start feeling more like themselves.



**Keep in touch**

Keep in contact with your friend every day or so to check in. Keep the conversation going.

Point to organisations offering support. ChildLine is a free 24 hour service for children and young people. Telephone: 0800 1111