

## 10

## TIPS AGAINST

## Harassment

 If You Are a  
Victim Si tu es témoin**1 Open Up****Don't be ashamed or afraid of retaliation**

Don't hesitate to talk to an adult at school, your parents, your older brother or sister. You should never let the situation drag on.

**2 Protect Yourself****On social media**

Never share details about your private life and think before posting photos. Keep your passwords confidential, as they are very personal data.

**3 Report an Abuse****On social media**

You can report abusive content and "block" friends who do not respect the rules. The accounts of bullies can also be blocked.

**4 Call****Free hotline number**

If you are a victim of school bullying, you can call the free hotline "No to Bullying".

**5 File a Complaint****For the most serious cases**

It is possible to file a complaint against the perpetrator of the bullying. It is up to your parents, as your legal representatives, to take this step.

**6 Support****Don't leave them out**

Students who are bullied are often excluded. Avoid contributing to their isolation and take the initiative to start a conversation with them.

**7 Don't laugh****Don't participate, even silently**

If the bully no longer has a "silent majority" or a laughing audience in their favor, they will likely stop their bullying. Witnesses play a crucial role in the fight against school harassment.

**8 Speak Up and Testify****Don't stay silent**

If you witness a bullying situation, talk to a class representative or an adult at school. Mediators can help resolve the conflict.

**9 Don't take part****Break the chain of bullying**

If you receive a humiliating message or photo to share, the best thing to do is to delete it rather than share it with your friends.

**10 Understand****And convince**

If a bully is among your friends, try to reason with them and understand the reasons behind their behavior. Causing harm to others can also be a sign of inner distress.