

No, Go, Tell, Change

No!

Go!

Tell!

Change!

Say "no, I don't like this". Make it clear that you don't like the behaviour or are uncomfortable.

Get away from the situation; either physically or turn off your device.

Tell a trusted adult what has happened. It is not your fault. It will be easier to help you if you can share.

Don't participate yourself or be a by-stander. Be someone who stands up for others.

Follow these four steps if you are in need of support.



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