

# Speak up, you deserve to be heard.

Speaking your mind can seem scary but it's worth it. It can take time to find the right listener to understand the problem. But the more helpful people that recognise your situation, the better you'll feel.

**See it. Report it. Be supported.**


Help and resources at [DontFaceItAlone.com](https://DontFaceItAlone.com)

THE  
DIANA  
AWARD



**Don't face  
it alone**

#SpeakOutAboutBullying



For support, Text **SHOUT**  
to **85258** or contact  
Childline on **0800 111**  
[childline.org.uk](https://childline.org.uk)