



# What if speaking out makes the problem worse?

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)

**Don't face it alone**

**#SpeakOutAboutBullying**

THE  
DIANA  
AWARD



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