



It can be really helpful to keep a record of the bullying that you've experienced as it makes it easier to remember what happened exactly. This helps when you are talking to your parents, teachers or other adults about sorting it out. Write down as much detail as you can about what happened, where the bullying took place and who exactly was involved. This Diary can then be shown to someone you really trust.

Name _____

<p>The Date & Time of the incident.</p>	<p>What exactly happened? What was said or done to you?</p>	<p>Who was involved in the bullying? <i>Their names; or a description of their clothes, faces, height or size</i></p>	<p>Where did the bullying take place? <i>In school, playground, on the way home, in the toilets etc</i></p>	<p>Was anything taken, damaged or broken? Where were you hurt?</p>	<p>Was anyone else with you or did someone else see what happened?</p>