

Bullying and harassment

Ask for Help With Bullying

Teens 13+ | 10 to 15 minutes

If someone repeatedly targets, threatens, humiliates, or excludes you, you deserve support. You do not have to confront them or prove you handled it perfectly. Choose what you want a safe adult to understand. If there is immediate danger, seek help now rather than finishing this page.

Use only details that are safe to record. Choose a trusted adult and ask about privacy and possible next steps.

Describe what matters for help

Note the behavior, setting, and how it affects safety or participation. You do not need to collect evidence if doing so puts you at risk. Save messages only when safe; a trusted adult can help consider the options.

Ask for a concrete response

You might request a safer route, a private check-in, help with online harassment, or a plan for class participation. Ask what the adult can do and what information they may need to share. Identify another support if the first response is inadequate.

1. What is happening, and how is it affecting my safety or day?**2. What details can I safely share or record?****3. Which adult or service could help, and what response do I need?****4. What follow-up or alternative support will I use if it continues?****Clinical use and adaptation**

Assess immediate danger, coercion, discrimination, and retaliation. Explain reporting and confidentiality limits accurately. Do not require confrontation, mediation, forgiveness, or evidence gathering. Adult and institutional responsibility remains central; use appropriate safeguarding and school procedures rather than placing safety management on the teen.