

# HOW TO: Report Bullying

*Who to contact or speak to*

**A parent or  
an adult you  
trust**

**Your  
School**

- Form teacher
- Head of Year
- Another member of staff you trust

**Website  
Moderators**

- Website Safety Centres
- Privacy Settings
- Your Internet Service Providers

**CEOP**

Child Exploitation and  
Online Protection  
[http://ceop.police.uk/saf  
ety-centre/](http://ceop.police.uk/safety-centre/)

**Police**

101 - The police non-  
emergency number

**Don't suffer in silence**

**Recognise it  
Report it**

