

# Have you been bullied ?



**tell  
someone**

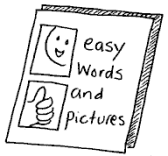
**This could be a hate incident. A hate incident is when something bad happens to a person because they are different.**

**If it happens to you, tell someone.....**

# What can you do next ?



**Tell someone that you trust, like your family carer, friend or staff.**



**Ask for help to fill in the easy to use form.**



**You can get a form by phoning **0116 305 8263****

**Or going to these websites**

**[www.leics.gov.uk/repothate](http://www.leics.gov.uk/repothate)**

**[www.betterlives.org.uk](http://www.betterlives.org.uk)**

