

Date: _____

Dear _____ (name of your Principal/Teacher/Counsellor/Coach)

I have a serious bullying problem. I have been trying to make it stop for the past _____ (length of time). I have:

- been bullied bullied seen others being bullied

This bullying problem includes: (Check everything that applies).

- Physical Bullying Social Bullying
 Verbal Bullying Cyber Bullying

After thinking about the bullying for a long time, I want you to know that I feel:
(describe your feelings here)

I have tried to make things better by: (describe ways you have tried to stop the bullying)

I would also like: (list changes would you like to see)

It is important to me that the bullying stops and I need your help. I want to meet with you to talk about ideas you have to make the bullying stop and help me get along with my classmates. I am writing you this letter because I hope you can help me feel safe.

Thank you,

(your name)