



**“BECAUSE
EVERYONE COULD
READ WHAT SHE
WAS SAYING
ABOUT ME, IT FELT
LIKE EVERYONE
THOUGHT THE
SAME THING.”**

1 in 4 young Australians report being bullied on a regular basis. You're not alone. Get practical support, tools and tips at ReachOut.com/Bullying

About ReachOut Australia

ReachOut is Australia's leading online mental health organisation for young people and their parents. Our practical support, tools and tips help young people get through anything from everyday issues to tough times – and the information we offer parents makes it easier for them to help their teenagers, too.





**“I DECIDED
ENOUGH
WAS
ENOUGH
AND I
NEEDED
TO TELL
SOMEONE.”**

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