

## **Memo to the student regarding the facts of school violence:**

1) If you witness school violence (calling names, insults, etc):

- do not pass by and make a remark in the correct form;
- in more serious cases, notify the class teacher or subject teacher.

2) If you become a victim of school violence yourself:

- do not stay alone with your misfortune, seek support, find someone you can share a problem with (a friend, a classmate);
- ask for help at school: a psychologist, a mediator, a teacher, a nurse will listen to you;
- call the helpline - you will always get support and advice;
- do not worry if you are not understood for the first time. Continue seeking help and remember that any situation can be resolved.