



What you can do if...

You or someone you know is bullied or attacked.

- **Document** what happened. If you can do it safely, make video or audio recordings and take pictures. No matter what, write down what happened, where it happened, and when it happened. Do it while it is fresh in your mind.
- Get the names and contact info for any **witnesses**.
- **Report it**. Share what happened with at least one person or organization you feel comfortable with.
- If you are in a **public school**, file a formal grievance. Look on your school district or college website for grievance and civil rights policies. Follow the procedure to make sure your grievance is complete and on time.
- You can also file a grievance if you are in **prison, jail, or a state hospital**. Ask staff for the grievance procedure and follow it.
- Your workplace or private school may have a grievance policy, too.
- If you are bullied or attacked by your **partner or a family member**, you can call the Idaho Domestic Violence Hotline at 1-800-669-3176 or the Idaho Legal Aid hotline at 1-877-500-2980.
- To **file a complaint** with the ACLU of Idaho, go to <https://acluidaho.org/file-a-complaint>. We monitor civil rights violations throughout the state. Sometimes we can help with referrals or other aid.