A bullying log is a written account of bullying incidents. In it, you write:

- The date and time
- What happened
- Who bullied you
- What you did
- Any injuries or damage
- The location
- Bystanders names
- Any actions taken

The bully will deny bullying you. The log is evidence. It doesn’t rely on memory.

Other ways to document bullying:

- Photographing injuries
- Saving damaged items
- Saving the doctors report if medical attention was needed
- Writing the date, time, and whom you/your parents spoke with and what was said about the bullying
- Keeping copies of letters you/your parents wrote about the bullying
- Recording actions you/your parents took because of the bullying