



ChildLine is a safe place where you can call or email and share your worries with someone who'll listen. ChildLine is confidential, free to call or email – even from your mobile and it's open 24 hours a day seven days a week.

Jeremy Manning
Newcastle Falcons



You can contact ChildLine on 0800 1111 or www.childline.org.uk about any worry that you have. Your call will be treated as confidential, unless ChildLine thinks your life is in immediate danger.

Neil Best
Worcester Warriors



Bullying is when you're:

- called names
- left out of things like games
- feeling unsafe around people you know.

Christian Wade
London Wasps



Bullying can be when people are:

- hurting you physically, like being punched or kicked
- attacking you because of your religion, race, sexuality or disability
- making you do things you don't want to.

Alex Brown
Gloucester Rugby



Bullying doesn't always happen directly to your face. It could be when you:

- get sent nasty texts or emails
- have things stolen from you
- realise that people have been pressured into not being your friend
- hear rumours and lies being spread about you.

Dylan Hartley
Northampton Saints



Always remember that if you're being bullied, it's not your fault. If you are, it's important that you get help – tell someone you trust. No one deserves to be bullied.

Haydn Thomas
Exeter Chiefs



It is important to feel safe. If you are being bullied think about how to keep yourself out of harm's way. For example, try to stay in a group, walk away from incidents if you can and stay where you feel safer.

Jordan Crane
Leicester Tigers



Tell someone if it's happening to you. It could be someone in your family, a friend, a teacher, or an adult you can trust about what is happening. If they don't listen the first time keep telling them.

Joe Marler
Harlequins



It can be difficult to remember things accurately so keep a record of the bullying to make it easier to explain to the person you tell. Writing it down is a good way of being sure about what, when and where things happened.

Alex Corbisiero
London Irish



If you see bullying happening to other people - don't ignore it. Encourage the person being bullied to tell someone and think if there is someone you can report it to yourself. If you are worried that you might put yourself at risk by telling someone, think about how you can tell someone in private.

Brad Barritt
Saracens



Sometimes things happen that make you more likely to bully others - being bullied yourself for example, or having problems at home. It's important to ask for help, rather than taking your frustrations out on others.

James Gaskell
Sale Sharks



Remember, you can always contact **ChildLine** for free on **0800 1111** or www.childline.org.uk. You can speak to someone who is there to listen and help you think about what you can do.

Dave Attwood
Bath Rugby



Dead ball line



In goal

Goal line

22 metre line

22 metre line



Goal line

In goal

Dead ball line



Heaviest player
James Johnston, Harlequins, 140kg

Most ever Premiership points
Charlie Hodgson, Saracens, 1,923

Record crowd at a Premiership match
81,601
Premiership Rugby Final, Twickenham 2010



Most ever Premiership tries
Steve Hanley, Sale Sharks - 75

Fastest ever Premiership try
Lee Blackett, Leeds Carnegie v Newcastle Falcons - 8.28 seconds

Tallest players
Will Carrick-Smith, Exeter Chiefs, 6ft 8in (2.08 metres)

Shortest player
Graeme Beveridge, Bristol Rugby, 5ft 6in (1.68 metres)

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