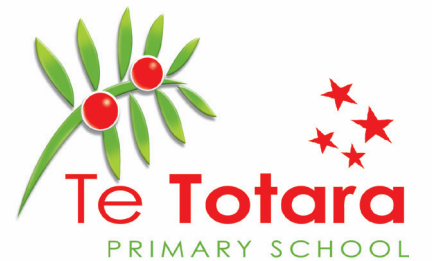




I am being
BULLIED



WHAT CAN I DO?

- Remember your Stars
- Talk to someone you can trust
- a teacher, parent, friend
- Ignore it - walk away
- Drop anchor and breathe mindfully
- Respond... Reacting can make it worse
- It's OK to feel scared
- sharing is the right thing to do

