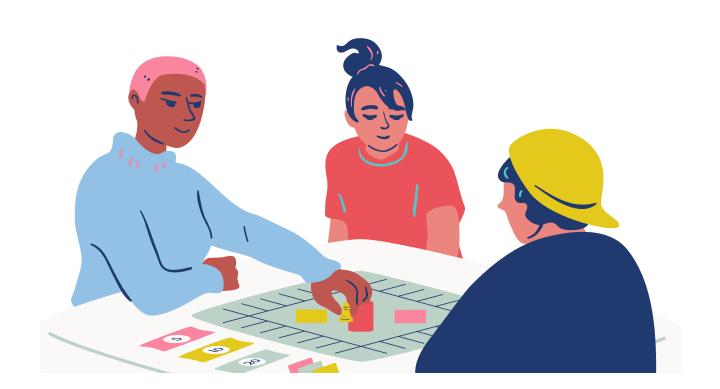


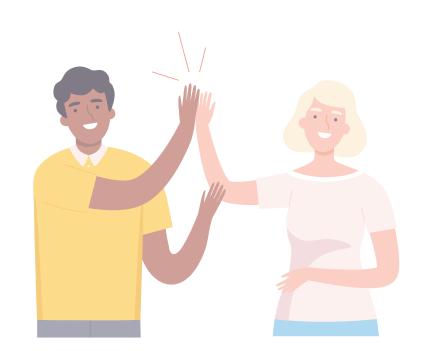
# Bullying Prevention

Student Tip Sheet (Gr.7-12)



#### **TOOLS**

- Keep busy
- Be Mindful
- Stay Healthy
- Journal
- Self-sooth
- Seek Suport



#### **LISTEN**

Meet others where they're at.

Try to give your friends and classmates a chance to be vulnerable by listening.

#### **SET BOUNDARIES**

If you're being disrespected, it is okay to speak up and let others know how you feel. Don't let others pressure you. It is okay to say no.

#### PRACTICE EMPATHY

Always treat others how you want to be treated. Think before you act. If you feel like your words could have a negative impact, think twice before speaking.

## CONTRIBUTE TO A SAFE SPACE

Make it welcoming by giving others room to talk. Be inclusive and know that your actions speak louder than your words.

### IT'S OKAY TO ASK FOR HELP, TRY KIDS HELP PHONE

www.kidshelpphone.ca
Text the word **CONNECT** to
686868
or call: 1-800-668-6868.

#### REMEMBER WE ALL HAVE VALUE AND ARE WORTHY!

Sometimes we may feel worthless but we still have the same value. No matter how others treat you, you are still valuable!

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