

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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