

Bullies are Avoid becoming a target by showing
Always stand tall with your shoulders back
and your up. Look people in the eyes especially
when they are talking to you or when you are
to them. Practice with people you
Bullies are cowards. Know that bullying is about the
You may not always that way but whatever happens,
it shows the character of the bully. It nothing about
your You are worthy of No
one can take that away from you.
Bullies are cowards. There is safety in numbers
yourself with people. Expand your
Rally around others who may be targeted. Be a
to those who need them most.
Bullies are cowards. Put a to mean rumors. Don't
gossip. Never or participate when others are put
down. Disarm a bully-in-action by them or,
better yet, call them out for their
Bullies are cowards. Don't bother with them. Never
Roll your eyes, make a sarcastic remark or even tell a
Move away from the If you ever feel like you
may be in danger, tell an
Bullies are cowards. Never be a coward.

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ADULT CHARACTER **BEHAVIOR** CONFIDENCE **BULLY COWARDS**

DISTRACTING FEEL FRIEND HEAD

JOKE LAUGH **NETWORK** RESPECT

RETALIATE **SHOWS SITUATION**

STOP

SURROUND TALKING TRUST

QUALITY