

**Step 1: SELF-ESTEEM**

Handout 2.1

ME

ME

STEP 1: SELF-ESTEEM

OTHERS

ME



## Step 2: Build your back-up team

Handout 2.2



Surround yourself with people who care about you and who appreciate you exactly for who you are. This is your back-up team.

If you are having trouble finding people, try seeking out friends



who have similar interests: look for clubs at your school or local



community, volunteer to help in an animal shelter, try out a



sport – whatever you are interested in.

### Step 3: Ignore and get out of the situation

Handout 2.3

Ignore the bully.



This is the most recommended anti-bullying tactic. Quite often, all a bully wants to get is a reaction. If he doesn't get it, he'll get bored and move on.

Get out of there. Ignore the bully and if he won't stop tormenting you and you feel unsafe, find a way to extricate yourself from the situation. Go find a friend or go get help.



#### Step 4: Talk to someone

Handout 2.4

Find someone you can talk to. Speak out. Nobody has the right to feel unsafe, uncomfortable or unhappy. Find someone you trust – a teacher, a guidance counselor, a friend. And tell them what's going on. There is no reason to tackle this problem all by yourself. There are people out there who will drop anything to help you.



If you feel uncomfortable reaching someone from your school or family, there are other places to turn. Call this number. It's a toll-free number, so it won't cost any money, and there are people available to talk on the other end of the line, any time of the day and night.

**You are not alone! Turn to a friend, to a parent or turn to this hotline!**

**XXX XXX XXX XXX**

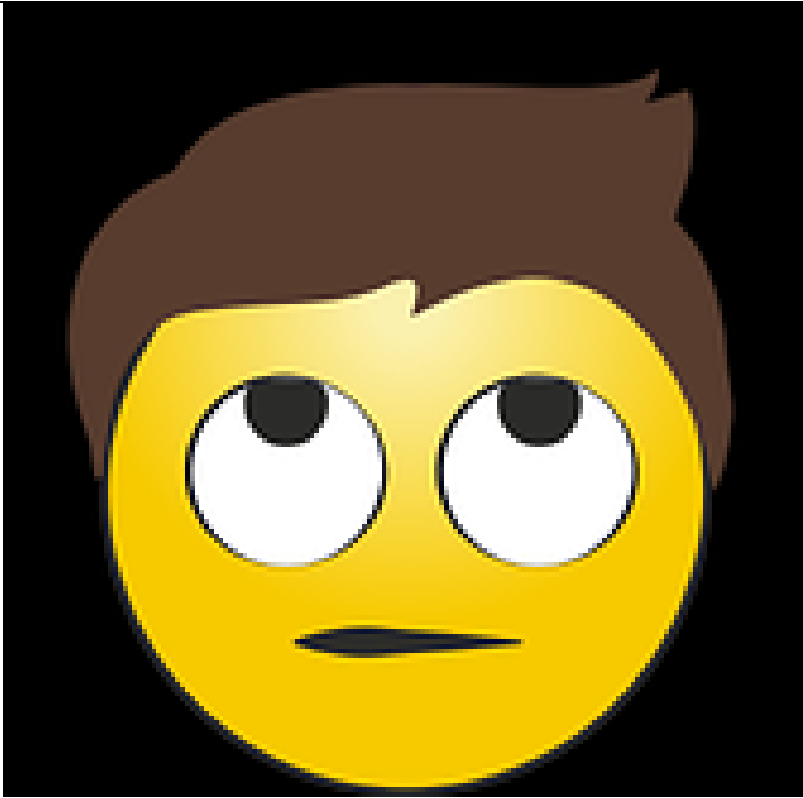


Interested



Content





Confused



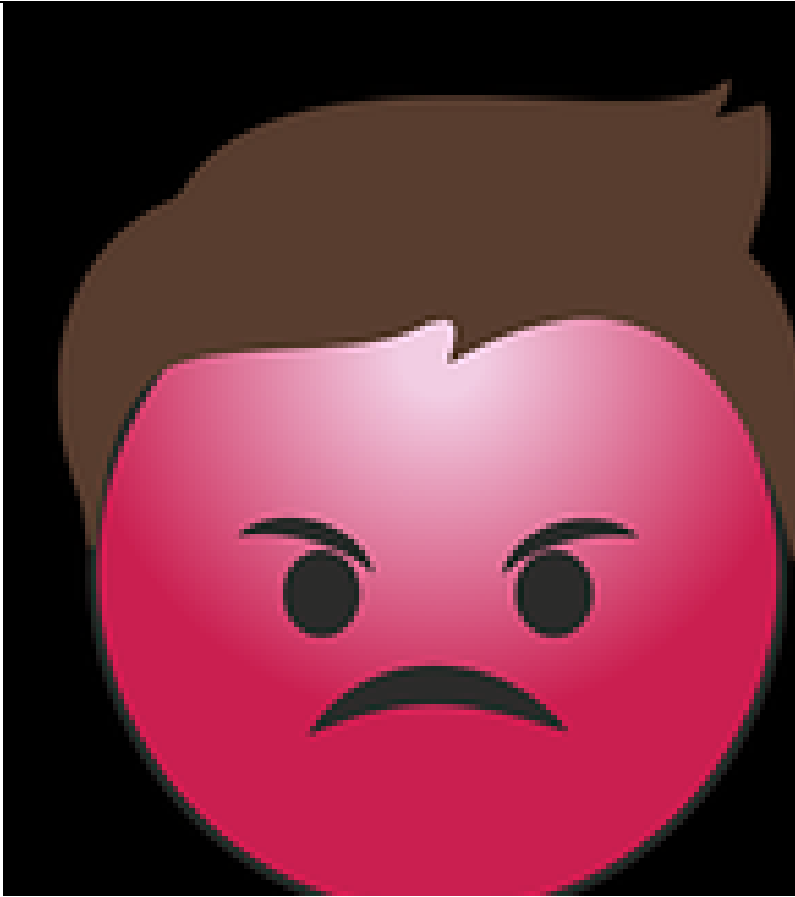
Surprised



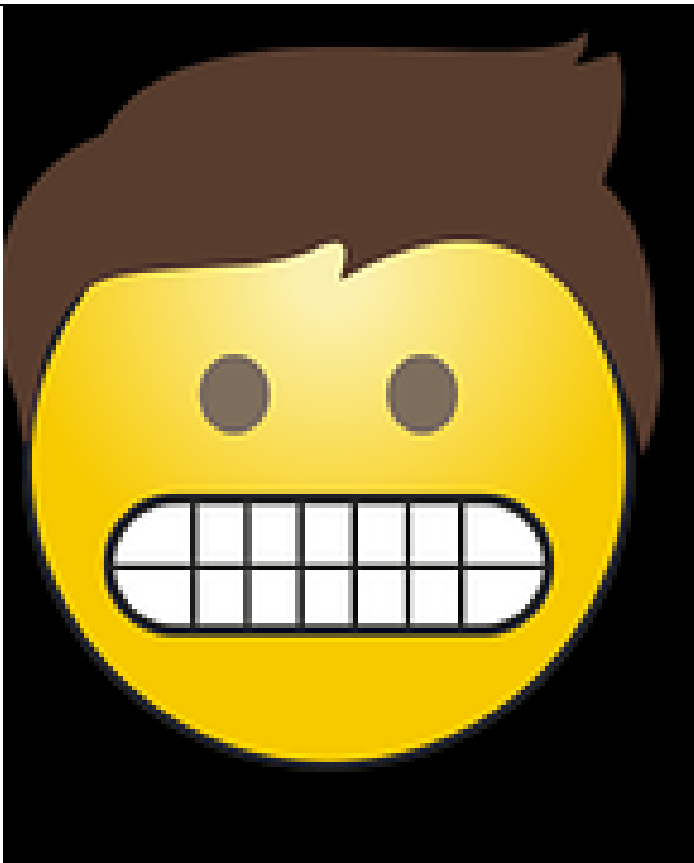
Excited



Happy



Embarrassed



Nervous