

DO YOU FEEL TARGETED?

Here are some things to try and some things to remember if you're being harassed and want it to stop

SOME THINGS TO TRY

- * Talk to someone you trust, like your parents, a friend, a teacher, a counselor, or coach. They can offer support and help develop a plan to end the harassment
- * Think about how your behaviour may be making the problem bigger or smaller
- * Ignore the bullying and walk away...make them think you just don't care
- * Laugh it off...humour shows you're not bothered
- * Stay close to students you can count on to stick up for you
- * Stay away from areas where bullying tends to happen
- * Act confident...hold your head up, make eye contact, walk confidently
- * Make the time to do things that help you feel good about yourself

SOME THINGS TO REMEMBER

- * You're not alone...lots of teens struggle with bullying and harassment
- * Do what's right...carrying a weapon might get you in trouble
- * Keep your cool and walk away, even though you might be upset
- * Share your feelings with people you trust...you don't have to struggle alone
- * It's not your fault...no one deserves to be bullied
- * Be assertive, not aggressive...fighting back can make things worse

It's okay to ask for help...you don't have to solve this problem on your own.

When the power of love overcomes the love of power the world will know peace.

– Jimi Hendrix

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