

# RULE OF THE WEEK

# BULLYING NO WAY!

If you're not comfortable standing up to someone who has bullied you, that is OK! Just walk away. Be sure to tell an adult if it continues.

Talk in a calm voice  
Tell yourself you can handle this

Tell the person you don't like it and that they should stop!

Breathe deeply in and out five times



You are NOT a "Dobber" if you tell an adult that you've been bullied. Telling is NOT dobbing! It's the right thing to do.