

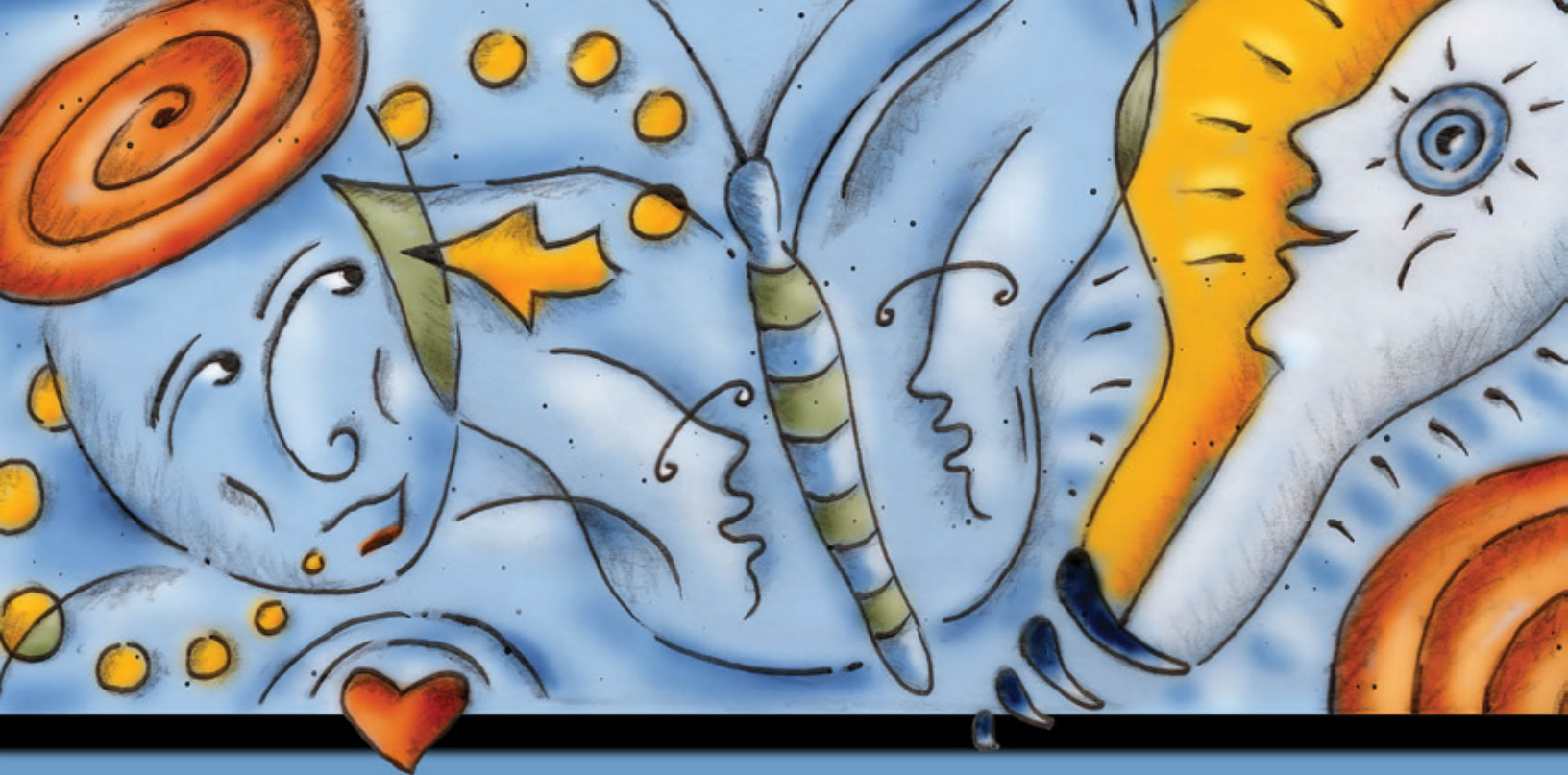


Bystander Power

Be part of the solution:

- ▶ **Don't take part in bullying.**
- ▶ **Offer support.**
Be an ally to someone being bullied.
- ▶ **Take action against bullying.**

You can make a difference!



Staying in Control

► **Notice.**

Recognize your physical and mental signs.

► **Pause.**

Use your signal.

► **Think twice.**

Use your brain.

► **Calm down if necessary.**

Use your calming-down strategies.

► **Reflect.**

How did you do?



Action Steps

▶ **Analyze** the situation.

▶ **Brainstorm** options.

▶ **Consider** each option.

▶ **Decide** on and **Do**
the best option.

▶ **Evaluate** if it works.

If necessary:

▶ **Figure** out another way.

What might happen
if I do this?

Is it safe?

How might people
feel about it?

Is it ethical?



Coping with Stress

Coping means doing something positive.

► **Use positive self-talk to change your attitude:**

- Say, "I can cope."
- Ask, "What can I do?"

► **Three things to do:**

- Use calming-down strategies.
- Get support.
- Use the Action Steps.

Sometimes you do all three.