I have my protector tools to protect me, so I’ll be okay

- **Freeze and breathe** - to stop us saying mean things back to others when they hurt our feelings.
- **A shield** – to help bounce off cruel words.
- **A translator tool** – so that we can imagine the bully is whatever they called us…. and laugh it off.
- We can **energise our power packs** to help ward off bullies by;
  - **Thinking positively**
  - **Acknowledging our strengths and talents**
- **Be assertive, rather than passive or aggressive**
- **Use positive body language**
  - Stand tall
  - Show that the bully isn’t affecting you
  - Don’t listen; ignore
- **Talk** to parents or teachers if the strategies aren’t working, you feel unsafe or the situation is escalating.
- If someone sends you a mean message on the internet or social media
  - **Block** the sender
  - **Tell** someone
  - **Delete** the message
- Finally, if we are mean to someone else…… **say sorry**.

….. **Remember too that some things are a normal part of life, some are bad luck and sometimes we need to be resilient…. Don’t catastrophise!**