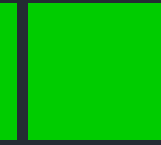


# How Can You Protect Yourself From Mean Comments?



- There will always be people who try to make fun of others or put them down
- Bullies say it makes them feel strong to hurt someone's feelings
- Mostly they are looking for attention
- If you let their words hurt, you can feel lonely, unhappy, and afraid.
- If have to realize that anything someone says about you doesn't hurt you unless you let it.
- Your goal is to never let people put you down by what they say.
- If you start to feel bad, talk to a teacher, a friend and of course your parents right away

# Role Play Exercise

- Partner up and practice not letting someone's comments hurt us. e.g. "I don't like what you are wearing" or "No, you can't play with us"
- Use nothing that includes insults, name calling or profanity