

# Am I Being Bullied?

General Tip Sheet

## Body-Scan

Where do I feel my emotions?

Neck?

Chest?

Tummy?

## Environment-Scan

Am I Safe?

- Can I leave if I need to? Am I allowed?
- What and Who is around me? What would help me feel safe?

## WHAT CAN I DO?

Deep Breaths

Find your Brave

Find calm

Talk to someone

## WHEN SHOULD I ASK FOR HELP FROM A CARING ADULT?

✓ When I don't feel safe

✓ When my feelings are too big

✓ When it keeps happening to me

To help students build resilience and develop skills to problem solve on their own as well as seek help when needed

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