

Sunshine's Challenge to You



- 1. If you see bullying or teasing happening: Choose to not be a part of it. Do not laugh or join in. Instead stand up and support the person being teased or bullied and let them know that you will be there friend.**
- 2. If you are getting teased or bullied: Use some of the skills that you learned today. Ask for help and handle your feelings in a “cool” way.**
- 3. If you can act like a bully at times or tease people at times: You can now make a change. Challenge yourself to learn new skills. Ask for help.**