

Scenario 1:

You get a note.

What do you do?

A: Read it

B: Throw it in the bin

If you pick B, you're correct - you could be reading a mean note by reading it and you could get your feelings hurt and same goes for online

Scenario 2:

Someone approaches you and calls you names or says something mean.

What do you do?

A: Give them the finger

B: Say something mean in return

C: Ignore what was said, walk away & try to think of something nice toward them, like, good luck.

D: Believe them and get upset

If you picked C, you are correct. Giving them the finger won't do much. If you start crying, that means that they won, they want to hurt you and saying something mean in return is no better, you're doing the same thing as he or she, even though you really want to. If someone is bullying you, talk it through with a close friend or family. It's best not to share with a person you just met.

Scenario 3:

Continues bullying

What do you do?

A: Give up and stay home forever never go out aging

B: Kill yourself

C: Stay strong and be happy - don't let the bullying get to you. Show them you're not going to back down and rather, enjoy the rest of your life.

If you chose C, you're correct, they win by stopping your life. Do what makes you happy, life is meant to be enjoyed. Again, I suggest ignoring what was said, walk away & try to think of something nice toward them, like, good luck.

Some extra bits of guidance

- Let it pass through your left and right ear, I also suggest pretending that they said something nice or a compliment. I hope my guidance on bullying will help you. These bullies are not worth your time or concern in anyway.
- Someone writes to you on Facebook, and you don't know who they - delete it straight away. It is highly likely it is rubbish not worth reading.
- Bullying can happen at any age or anytime
- I do think blocking them out of your life is best no need for them in your life

Ps, watch "Think about this"
by Nuttymadum on YouTube

