Tips from Siggy

Stand up for yourself. Tell the bully to stop.

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Make a new friend.

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Walk in a group with your friends. Don't stay alone.

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Leave any place where you don't feel safe. Tell an adult why.

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Remember that you are loved. Spend time with people you like and who like you.

Siggy and the Bullies

By Blanche Dudley See more at www.blanchedudley.com

