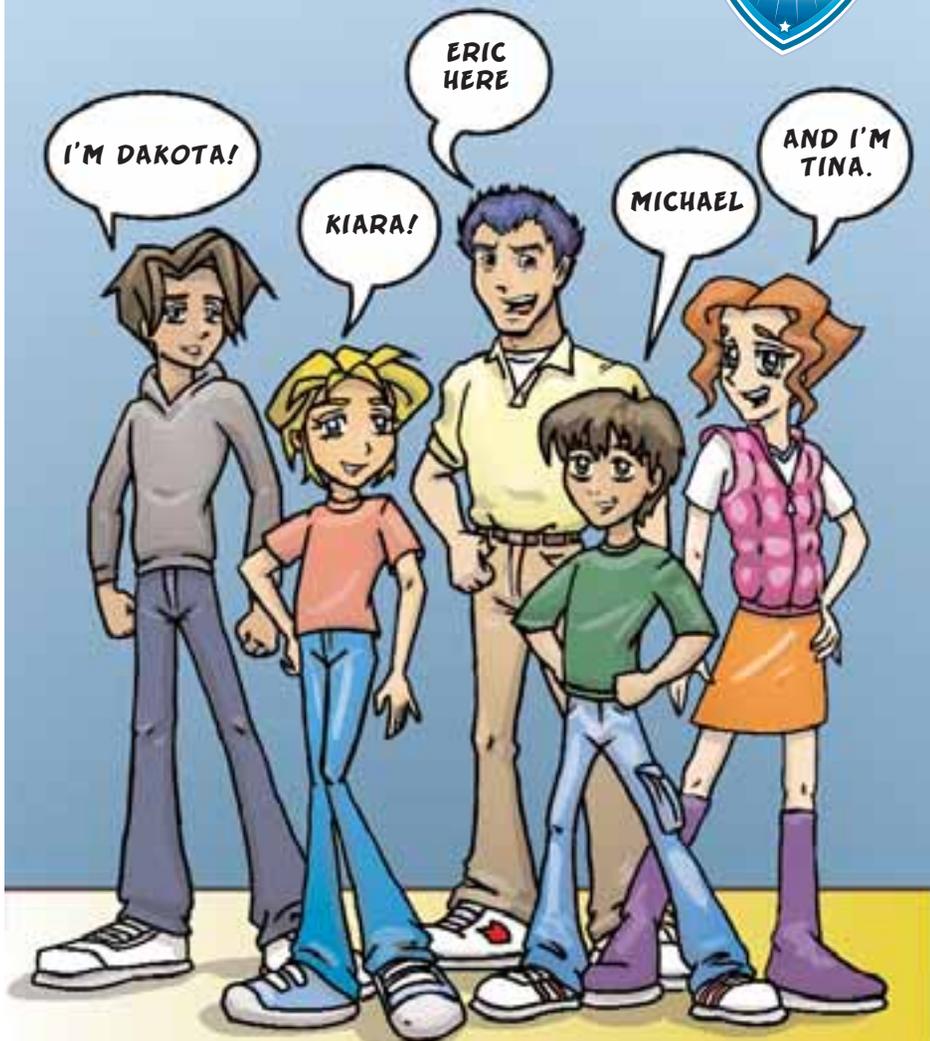


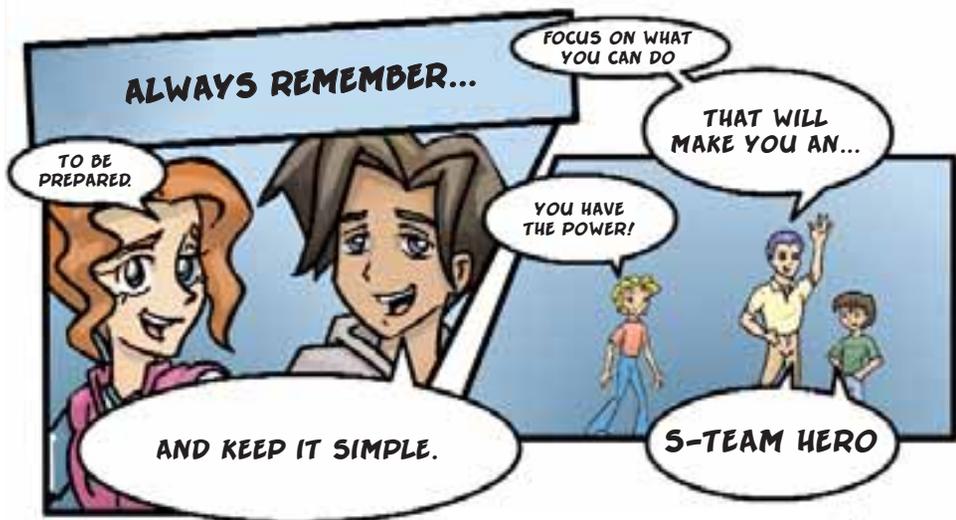
Meet the S-Team Heroes!



Alberta

Children's Services and Education are proud to lead Alberta's Strategy for the Prevention of Bullying.





AND TAKE ACTION WHENEVER YOU CAN:

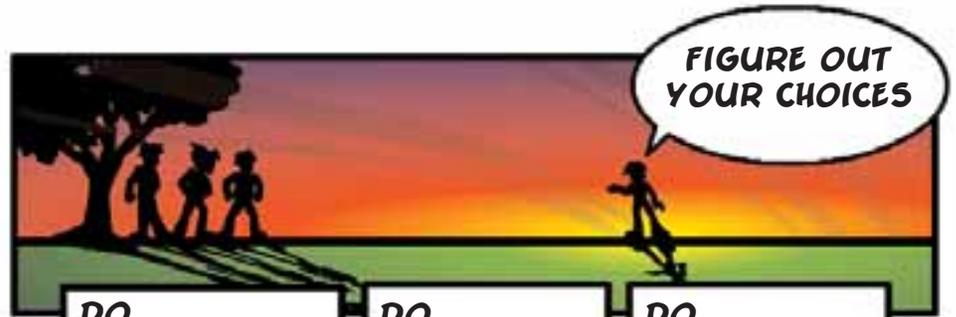


DON'T...

- ...THINK IT'S RATTING TO ASK FOR HELP.
- ...SUFFER IN SILENCE (SILENCE ALLOWS IT TO CONTINUE)
- ...PUT YOURSELF DOWN BY SAYING 'I'M A LOSER OR EVERYONE HATES ME.'

DO...

- ...STAND PROUD.
- ...MAKE EYE CONTACT.
- ...TELL THE PERSON WHO IS BULLYING YOU TO STOP.
- ...WALK AWAY.
- ...ASK A FRIEND TO HELP YOU.
- ...GET INVOLVED IN MANY GROUPS OR ACTIVITIES.
- ...ASK ADULTS FOR HELP AND KEEP ASKING UNTIL YOU GET IT.



DO
 THINK ABOUT DIFFERENT WAYS TO HANDLE IT.
 (TELL THE BULLY TO STOP, WALK AWAY, TELL AN ADULT.)

DO
 AVOID UNSAFE SITUATIONS.
 REALIZE THAT IT'S NOT WORTH GETTING HURT.

DO
 USE PROBLEM SOLVING SKILLS TO FIGURE OUT HOW TO RESOLVE THE SITUATION.



DO
 TREAT THE BULLY THE WAY YOU LIKE TO BE TREATED.
 THINK ABOUT WHAT YOU HAVE LEARNED.
 STAY CALM!

DON'T
 FIGHT OR NAME CALL. THIS WILL MAKE IT WORSE OR START IT ALL OVER.
 LISTEN TO THE BULLY OR BELIEVE ANYTHING THEY SAY.
 HOLD GRUDGES.

FOR MORE INFORMATION ON BULLYING PREVENTION, GO TO WWW.BULLYFREEALBERTA.CA



PLAY THE **S-TEAM GAME** AT WWW.TEAMHEROES.CA
 SEE YOU THERE!

WANNA TALK? CALL 1-888-456-2323

