

5 Ways to Handle a Bully



Use the Vowels A, E, I, O, & U to decode the Safety Message

1. Stay **C _ L M & _ L _ RT**. Consider the options and do nothing to escalate the situation
2. **W _ _ K** away. Fighting isn't worth it. You do not have anything to prove to yourself by fighting.
3. Take a **N _ N - V _ _ L _ NT** stand. State respectfully:
"I do not want to fight you"
4. Stick with your **FR _ _ NDS**.
5. **G _ T _ W _ Y**. Find Safety or call for help.