

RESILIENCE

TOOL KIT

1

IGNORE

Pretend that you don't care and go and find a good friend.



2

FRIENDLY TALK

Use a confident voice and say: "I don't like that. Please stop."



3

WALK AWAY

Turn your back and walk away.



4

POWERFUL TALK

Use a strong, confident voice and say: "I want you to stop it, now."



5

REPORT

Tell a teacher or carer who will help you to work it out.



