

# WHAT OPTIONS DO I HAVE?

## WHAT CAN I DO IF I NEED HELP?

- I can talk to my teacher.
- I can see what others are doing.
- I can take my time and think some more.

## WHAT CAN I DO IF I GET IN TROUBLE AT SCHOOL?

- Understand why I got into trouble.
- Let my teacher know or the person I am upset and “I am sorry”.
- Think about strategies I can put into place to make sure it does not happen again.

## WHAT CAN I DO IF I AM BEING BULLIED?

- Keep your body and your mouth calm.
- Let the person know you don't like it.
- seek help by telling an adult.

## WHAT CAN I DO IF I AM UPSET?

- I can take 5 deep breaths.
- I can go to a quiet room for a break.
- I can tell an adult about your feelings.
- I can write in a journal.