

*“It is our choices...that show what we truly are,
far more than our abilities.”*

-J.K Rowling

- ★ **Help someone when you see them struggle**
- ★ **Stand up for what is right**
- ★ **Do something nice for someone**
- ★ **Speak kindly about others**
- ★ **Be a positive role model to your peers**

What can you do about bullying?

- ★ **Ask questions to learn about other people, their values and beliefs**

- ★ **Build your circle of support and help others by being supportive of them**

- ★ **Participate actively in your school and community**

- ★ **Develop multiple friendships in a variety of places**

- ★ **Show respect and kindness to all people**

- ★ **Choose to promote equality**



Boys & Girls Club
of Airdrie