



COPING WITH BULLYING & TEASING



HEALTHY

Tell an adult if it is bullying, which is when someone repeatedly harasses you on purpose.

Walk away and later after you calm down, talk to one of the bullies to share how it made you feel.

OR



UNHEALTHY

Threaten to get some of your friends and beat them up.

Walk away and start crying.



COPING WITH THE LOSS OF A FRIENDSHIP



HEALTHY

Share with your friend how you feel when she is not around others.

Find another person you could become friends with.

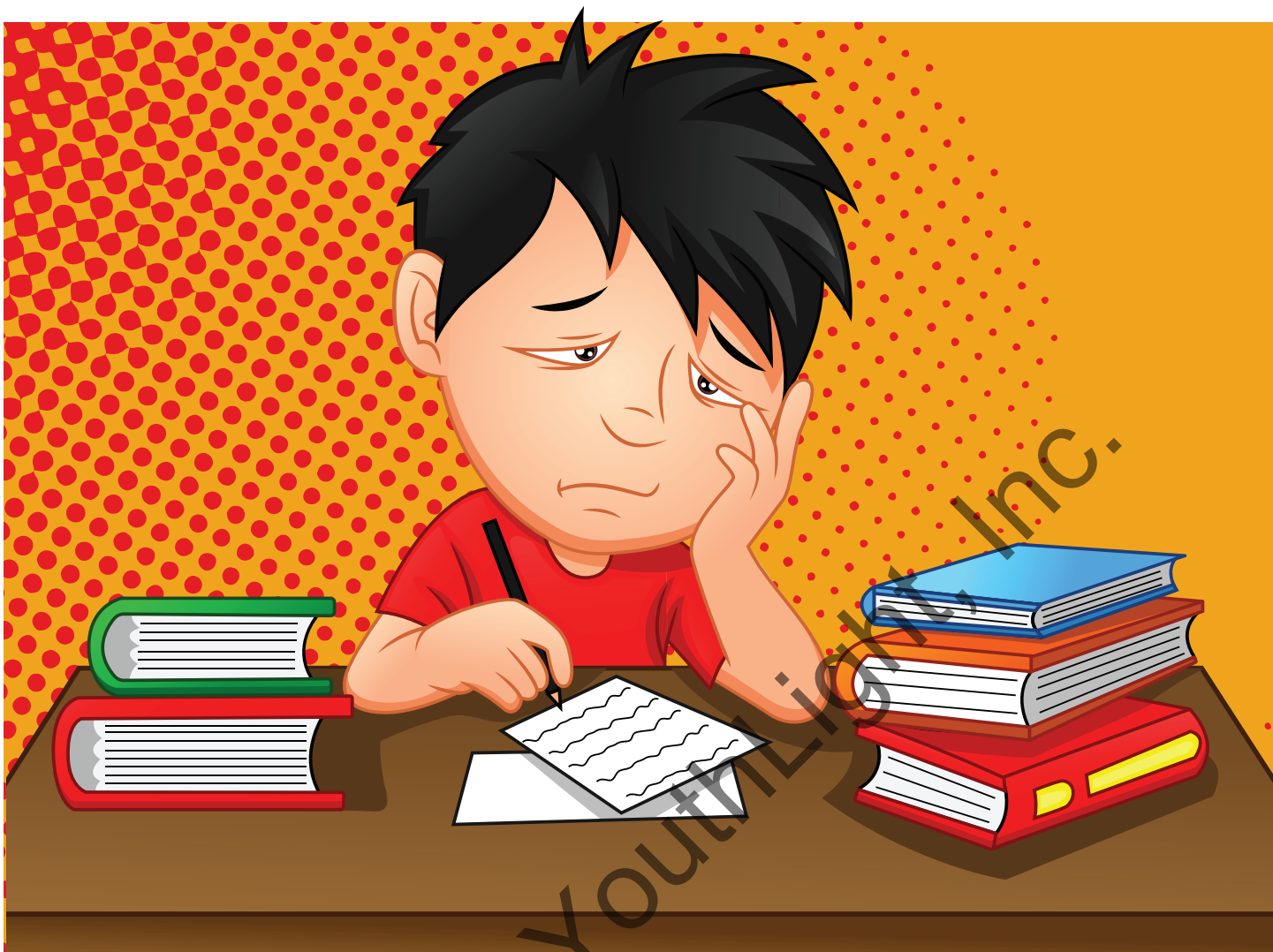
OR



UNHEALTHY

Get mad at your friend and start yelling at her.

Text mean messages about her to others.



COPING WITH STRESS FROM GRADES



HEALTHY

Go to your teacher for extra help.

Talk to your parents about how stressed you are.

OR



UNHEALTHY

Give up and refuse to do any more work in that class.

Fake being sick so you can stay home.



COPING WITH WORRY & ANXIETY



HEALTHY

Take some deep breaths
and tell yourself "I can do this."

Talk with someone about your fear.

OR



UNHEALTHY

Tell yourself repeatedly that people
are laughing at you.

Don't talk about your worry
or anxiety with anyone.