

LET'S MODEL HEALTHY COMMUNICATION!

How can we **STEP UP** and **SPEAK UP** in a healthy, positive way?

When you hear something like this...



Hey, let's go get some ice cream after school, but don't tell Jake!

I'm going to create an embarrassing photo/meme of Maria and share it with everyone.. Make sure you share it too.

You're not allowed to sit next to me on the school bus.

You could say this...



How do you think Jake will feel when he finds out he is left out? Being kind and including our whole group is what makes our group fun to be part of!

Do you realize that those types of photos and messages can be traced back to your phone or computer, even if you delete it? Plus it doesn't make us look good by doing that. Let's leave Maria alone.

How would you feel if someone said that to you? Let's work this out together and perhaps become new friends.

FILL IN YOUR OWN EXAMPLES

Draw yourself in the box below:

