

# **Guidelines to address discrimination, inequality, bullying and disrespect**

1. Tell a trusted adult such as parents, siblings and teachers when you are being bullied in school
2. Don't get physical otherwise you get into trouble for yourself
3. Channelize your anger in another way such as exercising or writing it down.
4. Practice confidence but never lift yourself up by putting someone else down.
5. Talking to the school counselor can be good outlet for the fears and the frustrations that can build when you are being bullied.
6. You should be alert to communicate that something is wrong.
7. Raising voice against unfairness or any kind of discrimination in the school
8. Stay near adults and other kids. Most bullying happens when adults are not around
9. Learn to differentiate between appropriate language and destructive language in school
10. Don't despair and never give up! you can replace the disrespectful habits. Be consistent.