MASK+

MOTHERS AWARENESS ON SCHOOL-AGE KIDS

B **UILD EMPATHY** by sharing personal stories using real-life examples.

U **PSTANDER.** Teach your child to stand up. Being an **upstander** is standing up for what is right and doing our best to help support and protect someone who is being hurt.

L **ANGUAGE.** Teach them the words to deal with a bully, role play with your child about bullies and how they can respond.

L **IFE SKILLS.** Help them through it by teaching them the life skills to deal.

Y **OUR CHILD.** Be your child's advocate, work with the school, seek help.