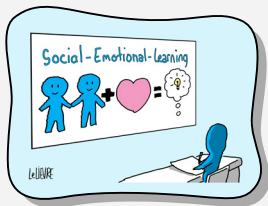
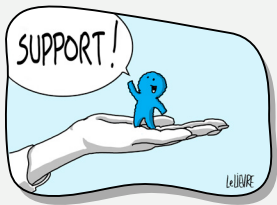
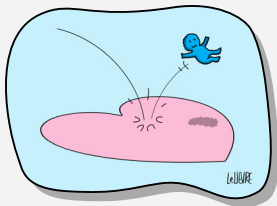


Powerful Conversations on bullying

Resilience



Powerful Conversations on bullying

Resilience

What positive coping skills do you and your family practise to manage stressful situations?

The impact of bullying behaviour can be long-term and life-changing for everyone involved. Help support your child develop good relationships, manage their feelings and bounce back from conflict. See the antibullying.nsw.gov.au website for more information about understanding and managing emotions, and establishing and maintaining positive relationships. You may also like to visit bit.ly/resilient2.

antibullying.nsw.gov.au

CARE. RESPECT. SUPPORT.

Powerful Conversations #CareRespectSupport

