

I think I'm a bully...

how do I stop?

Do you get into many fights? Or are other people always wanting to fight with you?

It's normal to argue with your friends and family from time to time. We don't always agree about everything.

But fighting all the time can be bad for us. Fighting is not good for you if...

- You get injured, or hurt other people. When fighting gets physical it can be dangerous for everyone involved.
- It's making you unhappy all the time.
- It means you don't have friends.
- You keep fighting and nothing ever changes.
- Get into trouble in school or with the police/law

“Fighting all the time can be bad for us”

If your fights are not good for you, there are some ways you can try to fight less:

- **Choose to walk away.** Even if you are right and they are wrong, sometimes it's better to have peace than to prove you are right.
- **Stay calm.** Take a deep breath. Even if you feel very angry or hurt inside, staying calm can help other people to calm down.
- **Talk to the person** (if they are open to talking) and try to resolve the problem. If this doesn't work, you may have to agree to disagree!

If you are being bullied, **TELL SOMEONE**. A trusted adult or Childline (08000 55 555) can help.

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