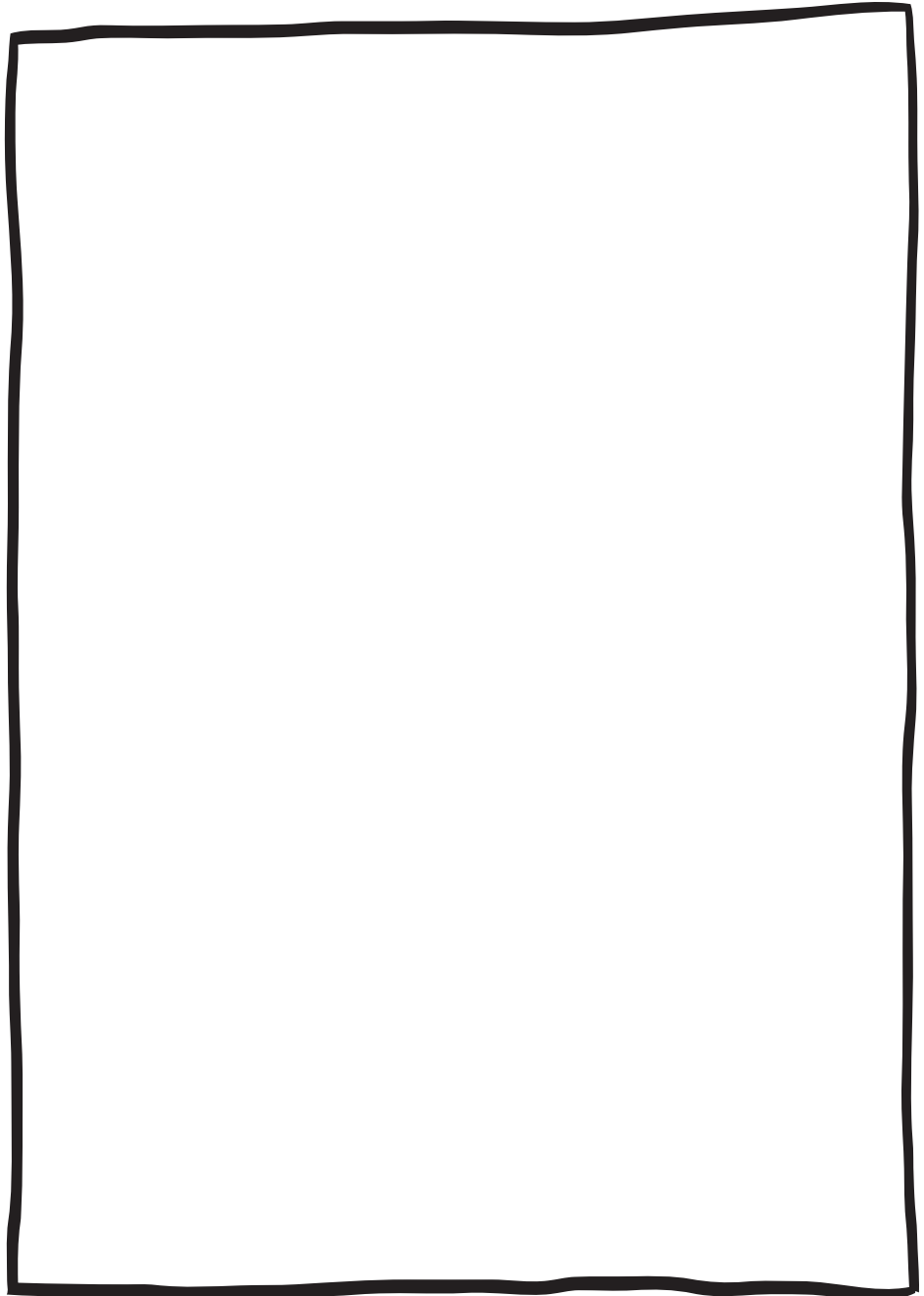


YES, AND...

We victim-proof ourselves when we take power away from bullies. What better way to do that than to beat them at their own game? Practice the “Yes, AND...” game right now. Draw an exaggerated picture of a body part that you’ve had sensitivity about (we’ve all got one). Then imagine you’re getting teased about it, and it’s your job to beat the bully at their own game!



"OMG, LOOK AT YOUR _____!
It's Soooo _____!"

YES!

And, _____

And, _____

And, _____

