

I've just received a horrible text message from an unknown number. I don't know who sent it, but they seem to really hate me.

How could I respond? How should I respond?

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A P7 pupil keeps shoving me in the playground and trying to start a fight. I don't want to fight back, but I want to start standing up for myself.

How could I respond? How should I respond?

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I've just heard that there's an unkind rumour about me being spread around my year group. The worst part is, I think it was my best friend who started it!

How could I respond? How should I respond?



I know that I'm a shy, quiet person and I find it difficult to make friends. Some of the louder pupils in my class often tease me for being shy.

How could I respond? How should I respond?



My art project, which I worked on for weeks, has just been put up on display. Over lunchtime, I saw two pupils from the other class ruin it!

How could I respond? How should I respond?



A pupil in my class, who used to pick on me, said sorry and asked if the two of us can start over. I don't think I can 'just forget' their mean actions.

How could I respond? How should I respond?