

ROCKET RULES Presents



# PEER PRESSURE & CYBERBULLYING

Grades 3-5





THIS SOLUTION HELPS EVERYONE TO FEEL HAPPY. DON'T LET PEER PRESSURE MAKE YOU DO SOMETHING YOU KNOW IS WRONG! YOUR MEAN WORDS ON SOCIAL MEDIA OR ON YOUR PHONE, CAN HURT OTHERS. THINK ABOUT HOW OTHERS FEEL!

## When you feel pressured to Cyberbully you can...

1. TAKE A DEEP BREATH TO HELP YOU THINK
2. EXPRESS YOUR THOUGHTS AND FEELINGS IN WORDS OR WRITING.
3. SUGGEST A DIFFERENT ACTIVITY.