



Tips for Kids

If you feel bad inside talk about it. Feeling bad doesn't mean you are bad. Here are some ideas:

- ◆ Talk to your school counselor.
- ◆ Talk to a friend.
- ◆ Draw a picture about how you feel.
- ◆ Write in your diary.
- ◆ Get more sleep if you're tired.
- ◆ Read a book or listen to music.
- ◆ Exercise, walk, bike, or shoot baskets.
- ◆ Try to talk and listen to the person who made you feel this way.

Feelings are always OK. But what you do about those feelings is not always OK. No matter how bad you feel, don't hurt yourself or someone else. That will make you feel worse.

Use an 'I' message when someone does something that makes you feel bad: "I get frustrated when you won't listen to my side of the story."

Turn bad into good. When you think something bad about yourself, try to remember something good too. Every morning when you're getting ready for school, look in the mirror, give yourself a big smile and say, "I like myself."