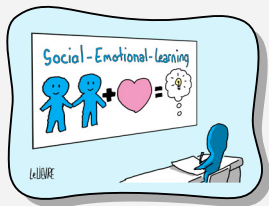
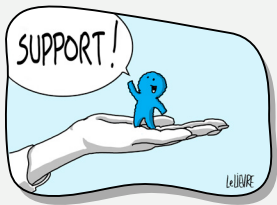
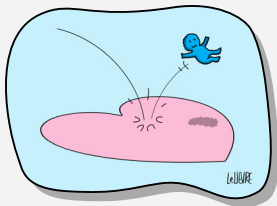


Powerful Conversations on bullying

# Resilience



## Powerful Conversations on bullying

# Resilience

### What positive coping skills do you and your family practise to manage stressful situations?

The impact of bullying behaviour can be long-term and life-changing for everyone involved. Help support your child develop good relationships, manage their feelings and bounce back from conflict. See the [antibullying.nsw.gov.au](http://antibullying.nsw.gov.au) website for more information about understanding and managing emotions, and establishing and maintaining positive relationships.

[antibullying.nsw.gov.au](http://antibullying.nsw.gov.au)

CARE. RESPECT. SUPPORT.

Powerful Conversations #CareRespectSupport

