

# PEOPLE PRACTICE

Sometimes people say mean or nasty things. Spend some time with a grown-up you trust talking about how you could answer those people.

If someone says I'm stupid, I could say...

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If someone says I'm ugly, I could say...

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When someone laughs at me, I could...

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When someone teases me, I could...

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If I'm blamed for something I didn't do, I could..

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