

THINK BEFORE YOU SPEAK!



BE A FRIEND
NOT A BULLY

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Is it true?

Is it helpful?

Is it inspiring?

Is it necessary?

Is it kind?

See Something – Say Something – DO SOMETHING!
Report bullying to an adult at your school.

CRISIS TEXT LINE |

Text **HERE4U**
to **741741**

24/7 + Confidential



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SUSPICIOUS ACTIVITY REPORTING APP

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SUICIDE
& CRISIS
LIFELINE