



# Be Your Own Witness

Letting out what happened and having a respectful witness keeps you strong, even if it's you.

1.

## This is what I heard.

*Write down what name or words you heard. It's OK to write them down. They are just words a bully tried to use to make you do or feel how they want. Seeing through these words keeps you strong.*

2.

## This is what I know.

*Write down something you know, for example, Bullying is not truth. I am truth.*

3.

## This is what I did.

*Write down everything you did, for example: I told my dads and wrote down all the words. I created a self-portrait with natural respect and remembered I am strong like a dragon.*

4.

## Because this is who I am.

*Write down who you are, for example, I am African American and beautiful. I belong here.*

