

Skills for

SOCIAL SUCCESS

WRITTEN BY
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FOCUS ON YOU



Trying to figure out a long division problem is hard, but sometimes dealing with your social life at school can be even harder. Figuring out friendships, managing time, and learning about yourself are all important parts of growing up. Believe it or not, everyone feels just like you do. The trick is figuring out how to deal with it all and feel good while doing it.

Dealing with

BULLIES

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SOCIAL
SKILLS

WHAT IS BULLYING?



A fifth grade girl spreads mean stories about another girl in her class. Every morning on the way to school, a group of bigger boys kick and shove a smaller boy. Every day, a fourth grade girl receives cruel text messages from another girl at her school. All of these situations are examples of bullying.