

HOW TO VIEW AN "AGGRESSOR" & A "VICTIM":



When we see a child frequently using hurtful words & actions towards another child, we need to understand the following:

- **they are very hurt** & so they are hurting others
- **they need the skills** to navigate their anger & frustration

When we see a child who is frequently being bullied & attacked & isn't doing anything about it:

- It doesn't mean they aren't being affected by it
- We need to **empower them to stand up for their self**