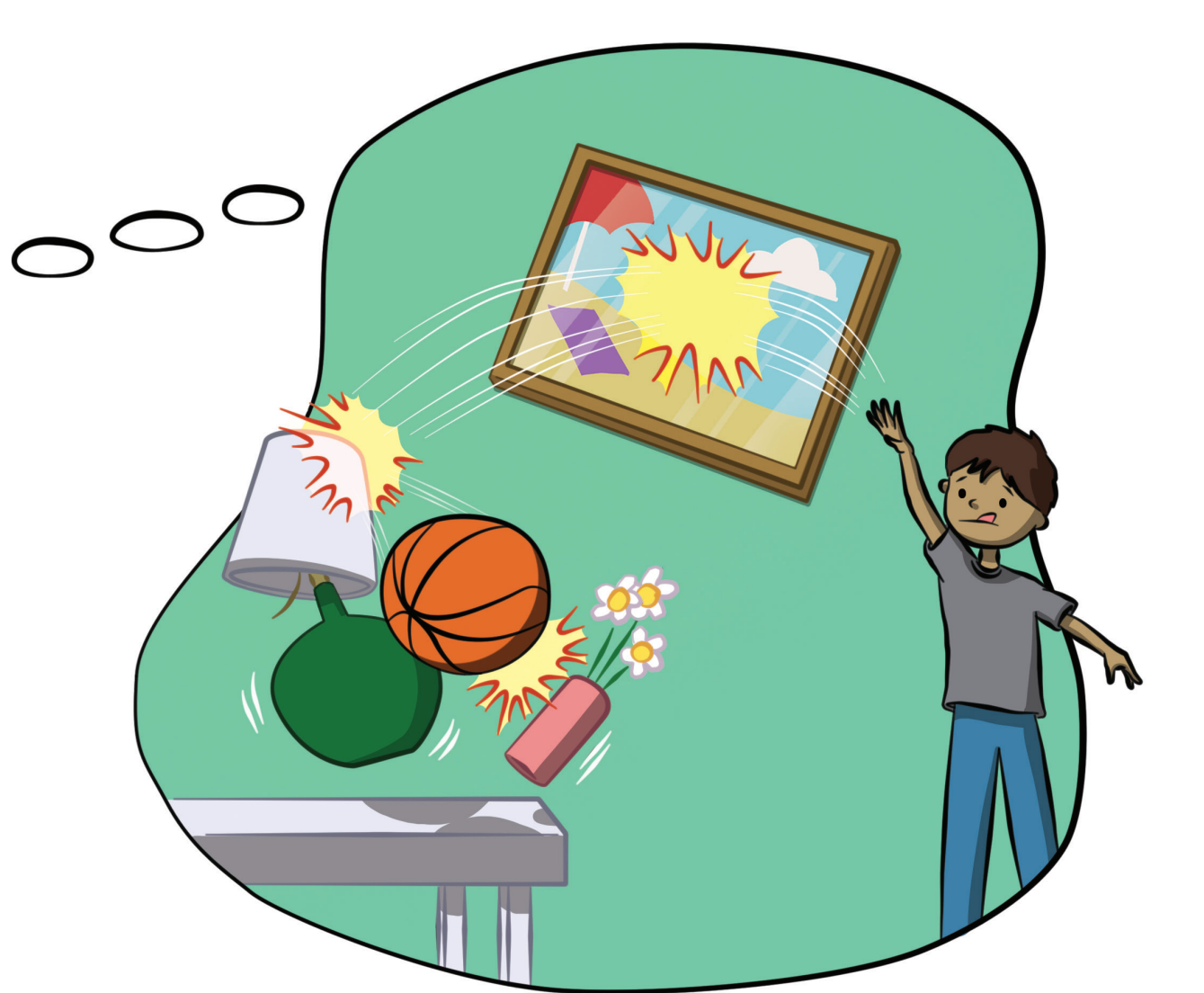


There are strategies you can use to help you make the best choice. First, pause for a moment and take a deep breath. This will help to calm and settle your strong emotions.





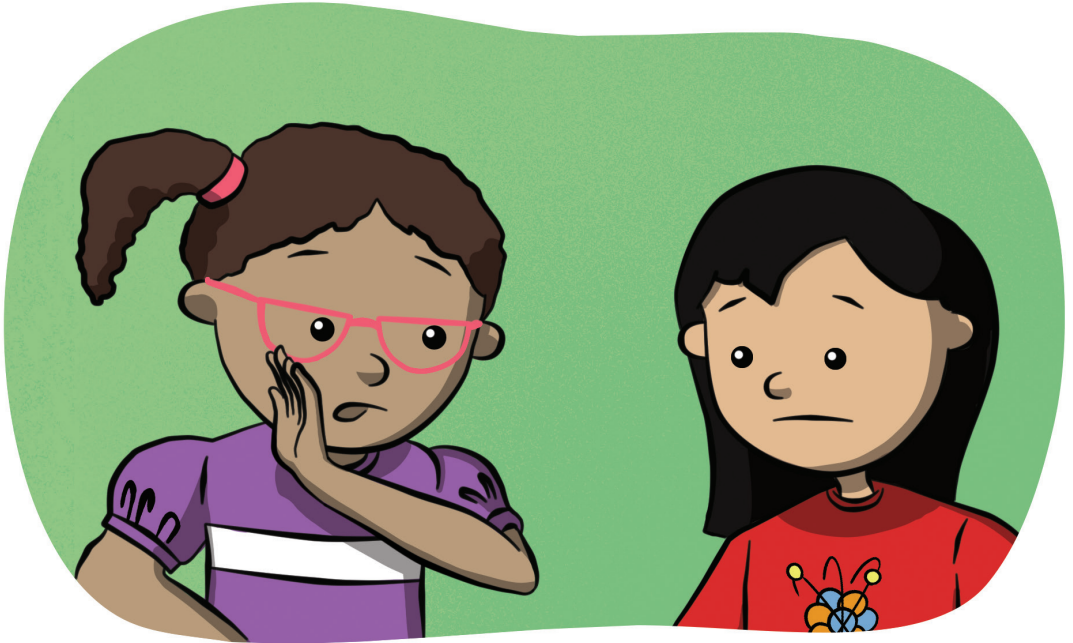
Next, think about the **consequences**. What events will follow each choice? How will your decision affect yourself and others?

Finally, trust yourself. Your mind will help guide you. If you still feel stuck, talk to a parent or trusted adult. They can steer you in the right direction!



Miguel tripped, and his food tray went flying across the cafeteria.

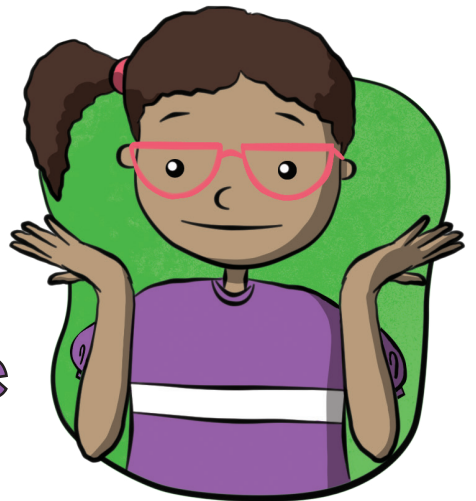
“Watch where you’re going!” Cade **sneered**. The kids at Cade’s table laughed, and nobody helped Miguel.



“I think Cade actually tripped him,” Kyra whispered to Darcy.

“He’s been acting like a **bully** this year,” answered Darcy. They watched Miguel pick up what was left of his lunch. Then, he quietly took a seat at an empty table. Darcy wanted to help Miguel, but she felt **afraid**. She was nervous that Cade would bully her too.

## Help Darcy Decide



- Choice 1: Stay silent. Turn to page 20.*  
*Choice 2: Help Miguel. Turn to page 21.*