

Who Lifts Me Up?

At times we may need support from others to help *Lift Us Up*. Trusted adults in our lives can help support us when we are experiencing difficult times.

When we think about supportive people in our lives, they might be family members friends, a faith or cultural leader, an Elder, a family doctor. At school these people may be teachers, an educational assistant, a coach, a guidance counsellor, an administrator, a student success teacher or any other caring staff person at school.

Take a moment to think about the following question

Who are the people in my home, school or community that I could speak to if I need support?

List at least one person below

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If you are being bullied, telling an adult is the best way to make it stop, however it can be difficult to start these conversations. Sometimes writing a letter is easier than explaining things face-to-face, and writing things down can help us organize our thoughts.

Example conversation starter / letter

Dear _____ (name of one of the people from above)

1.) I have a serious bullying problem. I have been trying to make it stop for the past _____ (length of time).

2.) I have:

been impacted by bullying

used bullying behaviour

witnessed bullying

3.) The type of bullying is

physical

social

verbal

cyber

4.) After thinking about this for a long time I want you to know I feel (describe your feelings)

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5.) I would like (changes you would like to see)

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It is important to me that the bullying stops, and I need your help. I want to meet with you to talk about the ideas you have, to make the bullying stop. I am writing you this letter because I hope you can help me feel safe.

This document has been adapted and quoted from the SMHO [My Circle of Support](#) and the PrevNet [Letter to an Adult](#)