

Sometimes kids find it difficult to learn some things at school and they feel ashamed that they do not understand.



If my friends do not understand something in class, I let them know I will help them understand, or will go with them to the teacher to ask for help.

No-one should be ashamed if they do not understand something.

If my friends are angry at someone, I talk to them and encourage them to solve the problem in a peaceful way, without becoming violent.



I tell my friends to think carefully before they speak or act, so they do not do anything that will get them into trouble.



# My Friends



**The Crisis Centre**

**24-Hour Hotline:**

**328-0922**

**Fax: 328-7824**

**Family Violence Unit**

Ministry of Health and  
Social Development

**322-4999**

email: [bahamascrisiscentre@yahoo.com](mailto:bahamascrisiscentre@yahoo.com)  
[www.bahamascrisiscentre.org](http://www.bahamascrisiscentre.org)

My friends are my school-mates and the kids I play with in my neighbourhood.



My friends are important to me. I try not to say or do anything to hurt my friends and, if I do say or do anything hurtful to any of them, I tell them I am sorry.

If one of my friends seems to be unhappy, I talk to him or her to find out if there is anything I can do to help. I do not tell other kids what my friend tells me because I want my friend to be able to trust me.

If my friend asks me to go with him or her to talk to someone about the problem, I will.



If someone is hurting any of my friends, I talk to someone I trust. If any of my friends are being bullied at school, I let



them know that I will stand by them and suggest we go to a teacher together to talk about the bullying.

I never bully any one at school or at home.