

## What to do if a friend upsets you



Take a breath

Think about what you want to say.



Tell them what upset you.

Explain how you feel.

Listen to what they have to say.



If you aren't ready to forgive them, take some time and space.



Tell someone you trust about what happened so they can help you.



It is not a good idea to ask other people to get involved.

It is wrong to tease someone.



It is a bad idea to post about it on social media.

This can be seen by anyone.

It could make people upset.



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