

You can see right through them...

Whether at home, school, work, in your community, or online, never allow a person to control you, by intimidating, manipulating, arguing, threatening, or verbally, physically, or sexually hurting you in any way. This is abusive and toxic.

Once they realize they are not able to control you, you become stronger. They will then, try to control how others see you as a person, damaging your character, falsifying your behaviors, or reputation in-person, online or at school or work.

This misinformation about you, is unfair and not appropriate. Instead of reacting to it, respond by maintaining your true character, and eventually others will see the truth, just like you have in yourself.

stopBullying.gov

Need help? Call or text "988" to the 24/7 Suicide & Crisis Lifeline U.S. nationwide



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