

Dr. Mary's Corner



OCTOBER'S Healthy Habit

Welcome to Dr. Mary's Corner! Each month Dr. Mary Mason, mother of three and Founder of Little Medical School®, discusses a Healthy Habit that your family can practice. This month is National Bullying Prevention Month, so Dr. Mary is discussing **Healthy Habits to prevent or handle bullying.**



Healthy Habits to Prevent or Handle Bullying

tips from **stopbullying.gov**

★ TREAT EVERYONE WITH RESPECT

Stop and think before you say or do anything that could hurt someone.

Keep in mind that everyone is different. Not better or worse, just different.

If you think you have bullied someone in the past, apologize.

Talk to an adult you trust. They can help you find ways to be nicer to others.

★ WHAT TO DO IF YOU'RE BULLIED

Tell the kid bullying you to stop in a calm, clear voice. Do not fight back.

You can also laugh it off. This will throw the kid bullying off guard.

If speaking up seems too hard or unsafe, walk away and stay away.

Find an adult to help stop the bullying right away.

Talk to an adult you trust - they need to know about bullying so they can help.

★ LMS CLASSROOMS ARE A STRICT NO BULLYING ZONE

At Little Medical School, students are encouraged to dream and discover while learning about health awareness and role-playing healthcare professionals. Our classrooms are a strict no bullying zone; our students must treat everyone with respect.

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little medical school. 

learn more at www.littlemedicalschoo.com/dr-marys-corner