OWNING YOUR POWER WORKSHEET

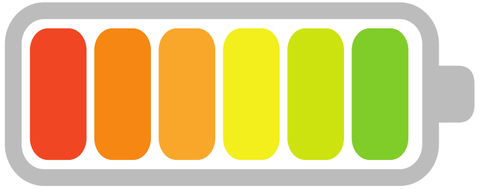
bullying 1
THE POWER OF ONE

Anti-Bullying Week 2025
10-14 November

Find your Voice

Use your Words

Own your Power



Scottish Government
Riaghaltas na h-Alba
gov.scot

SAMH
Scottish Action for Mental Health

Young Scot

respectme
Scotland's Anti-Bullying Service