Hey, you're back! How was your talk with your friends?

Okay, I guess. It helped but ...

But what?

I'm still not sure what to do.

That's okay. It's good to talk to your friends. Even if they don't always have the answers, as long as they're trying to understand and help, then they're on the right track.

There are many ways to respond to those moments of conflict and it can be hard to figure out exactly what to do, even if you've dealt with this before. Just think about how you've helped others in the past.

It's just hard, I guess, because I haven't even had to do this for myself.

Standing up for yourself might feel a little bit different but it's what you have to do. It's easier said than done.

Friendship advice is not just about helping your friends when bullying happens, but also understanding when bullying happens to you.

You know what, I have an idea. Bye!

Join us next week to see what kinder and friends have in store!