Nasty is out, kindness is in

Speak up against any type of bullying!

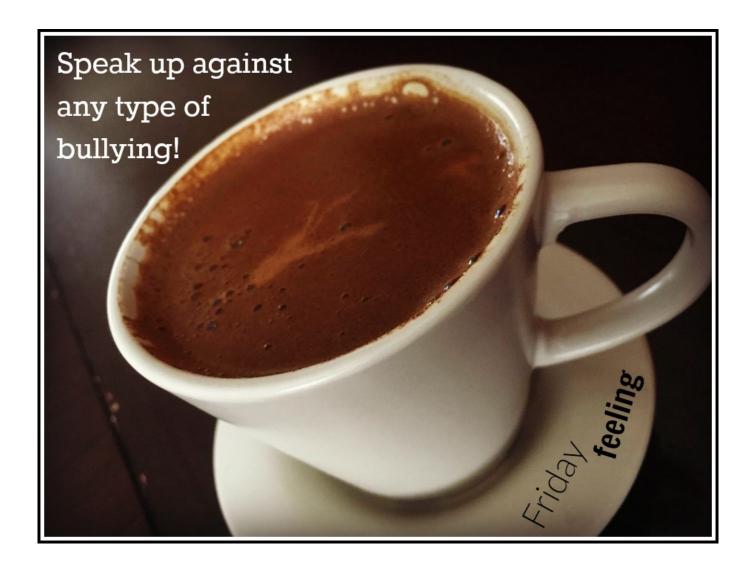Friday feeling

One more young life lost, recently, as a direct result of online bullying. Stand out and **speak up** against bullies.

Let's bring kindness back by modelling such behaviour ourselves, first and then teaching it to our children.