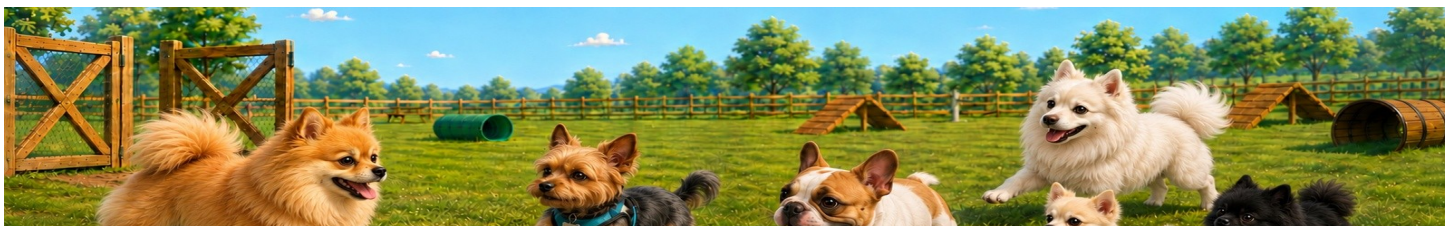


THE BAILEY BEAR PLAYBOOK

Four Brave Moves for Tough Moments



When a tough moment happens, you have brave choices.

1. FIND YOUR SAFE SPOT



Funny belly? Fast heartbeat? Frozen feet? Sometimes your body gives you clues that something doesn't feel right.

MOVE AWAY FROM TROUBLE. MOVE TOWARD A SAFER PLACE OR TRUSTED GROWN-UP.

Getting safe is a brave move.

2. FIND YOUR PACK



You don't have to handle a tough moment alone. Stay near a friend or safe group - or go straight to a trusted grown-up.

NO FRIENDS NEARBY? ONE SAFE PERSON CAN BE ENOUGH TO MAKE A PACK.

3. CHANGE THE GAME

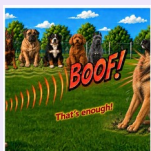


If a game or group turns mean, you don't have to keep playing their way. Walk away, play somewhere safer, invite someone with you, or ask for help.

YOU GET TO CHOOSE YOUR NEXT SAFE MOVE.

You didn't cause the mean behavior. You don't have to fix it.

4. FIND YOUR VOICE



When you feel safe, use clear words: "Stop." "That's enough." "I don't like that." "I need help."

YOUR BRAVE VOICE DOESN'T HAVE TO BE LOUD.

Too scared to speak? Skip the words. Walk away and tell a trusted grown-up.

YOUR PACK + BAILEY'S BRAVE RULE

Know who can help. Practice what to say. Keep telling until someone helps.



MY TRUSTED GROWN-UPS

Write down people you can go to when you need help.

1. _____
2. _____
3. _____



One safe person can be
a pack.

TELLING IS GETTING HELP

If someone is hurt, scared, unsafe, being treated meanly, or needs help:

TELL A TRUSTED GROWN-UP.

You can tell for yourself. You can tell for someone else.

WORDS YOU CAN USE

“Something happened and I need your help.”

“I don’t feel safe.”

“My friend needs help.”

BAILEY'S BRAVE RULE

FIND YOUR SAFE SPOT • FIND YOUR PACK • CHANGE THE GAME • FIND YOUR VOICE

THEN TELL A TRUSTED GROWN-UP.

If one grown-up doesn't listen or help: TELL ANOTHER.

KEEP TELLING UNTIL SOMEONE HELPS.

You never have to handle a tough moment alone.

GROWN-UP PACK PROMISE

I WILL LISTEN. I WILL TAKE YOU SERIOUSLY. I WILL HELP YOU FIND THE NEXT SAFE STEP.

Grown-up signature: _____