

# BE A HERO

The end of bullying  
will begin with me!

# STOP BULLYING

WORDS HURT  
ACTIONS HEAL

**Are You Ready To Make A Difference?**



ANTI-BULLYING  
INSTITUTE  
RIVERSIDE MEDICAL CLINIC  
CHARITABLE FOUNDATION

[AntiBullyingInstitute.org](http://AntiBullyingInstitute.org)