

JOJO'S GUIDE TO STANDING UP TO THE HATE

1. Build a Wall

"If there's a bully or a hater in front of you and they're saying something rude, build an imaginary wall, so it can't get through [...] Don't let the bullies knock you down. **Be yourself and have fun with your life.**"

2. Be Kind

"Although it can be hard to be kind when someone's being mean, you have to understand that you can't fight fire with fire. What I mean by that is, if you have a fire, you need to put water – the opposite – on it. **If there's a bully and they're being mean, put in kindness** – the opposite of cruelty."

3. Hold the Drama

"There are always highs and lows – no matter what or who your friends are. No matter what, hold the drama. Focus on what's important. **And if you're like me, just dance.** Dance dance dance dance dance dance."

4. Turn Sour to Sweet

"No matter what happens in life, there's always a silver lining. You don't always know what the positive is going to be right away; but if you keep your eyes and mind open, you will find it."

5. Talk to Others

"If there is a bully or a hater or someone who's not nice, do something about it! Go to an adult—a principal, parent, teacher, or friend. If something is hurting you or someone else, be brave and ask people for help! You might be afraid it will make the bullying worse – but bullies count on your fear and silence. If you speak up to the right trusted person, not only will you have someone on your side to help stop the bullying but you'll also break the hold the bully has over you. **And often bullies turn out to be the most frightened people of all.**"

JoJo's Guide to the Sweet Life is out now!

#JoJosGuide #PeaceOutHaterz



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All Equal

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