

Dos And Don'ts Of Handling The Mean Girls



The dos



Maintain your self-confidence. You can use positive affirmations or listen to inspirational testimonies and songs.

Focus on your ambition. Keep yourself distracted with your favorite activities and concentrate on your goals.

Stay away from toxic social media. You can use it to connect to people with similar experiences and find solace, but avoid it if you experience cyberbullying.

Befriend the mean girls in hopes of being in their good books and preventing harassment.

Hiding the suffering from your teachers or parents out of fear or social pressure.

Stooping to their levels to get revenge and ultimately becoming the person you hate.

The don'ts

