Cyber Bullying
I hate you Phineas if you come to school today I will kill you

No one likes you get a life

I don't even feel safe in my own home
Hey Phineas if they continue to send you mean messages and bully you, seek help from the councillors.

Thanks Ferb, but I don't think I feel comfortable talking to people about this.

If you change your mind call the councillor Candace.

Hey Phineas glad to hear from you, if you would like, you can drop in and see me tomorrow and we can try and sort out your issue.
Hey Phineas, good to see you. What is your problem?

Hey Candace, I have been getting really mean and hurtful messages on my phone and my computer, it is making me feel very depressed.

Ok, I'm sorry to hear that, what you need to do is go to the bully sending these messages and ask him to stop and I can send you to a program to get rid of your depression.
Hey Jake, can you please stop sending me mean and offensive messages.

Don't talk to me you idiot

Please it is making me feel very depressed
Hey Phineas did you talk to your bully

Yeah but he grabbed me and called me an idiot when I tried to tell him to stop cyber bullying me

Try this new program we have called rock and water it helps handle depression.

Ok thanks for your help Candace
Hi Isabella, I'm here for the rock and water program.

Hi Phineas, glad to have you here.

Here we will exercise because sometimes it can help you get rid of your depression and anger for others.

Sounds good, I will give it a try.
I love this program it has helped me feel better about myself and given me confidence to stand up to my bully.
Jake you need to stop bullying me, you are making me feel very sad.

I'm sorry, Phineas, I only bully because I don't feel good about myself, I realise what I did was wrong and I'm sorry.
I'm much happier now I'm not being bullied. I go out with my friends and enjoy life.