

BREAKING THE CYCLE



Behaviour



**Rights & Desires
Violated**



My Responsibility



Called Mrs Foster a "fat bitch"

Mum always calling me "useless"

To be spoken to politely

To be treated as if feelings do matter

To feel loved and wanted

To feel that I can do some things well

To be noticed when I do well

Speak politely to others

Consider other people's feelings when I say or do things

Be encouraging to other people

Cheer people on instead of taking the mick

Notice the good stuff in other people, not just their faults