**Activity** – Wrinkled Wanda – On chart paper, have the participants trace an outline of a full body person. (See below for an example) Once the outline has been traced, the participants will write unkind, rude, and disrespectful statements all over the outline.   These are statements that could be made to another person like, “You’re a loser, Nobody likes you, You are dumb.”   Identify the drawing as a girl named Wanda.   After Wanda is completely filled with a variety of negative comments, have the participants crumple the drawing, and then un-crumple it.  Post the wrinkled drawings around the room.  Explain to the class that these drawings are examples of what negative comments can do to a person who is bullied.  Bullying comments can destroy a person’s self image and often leads to a defeated body language in the victim. Next have the participants do the drawing again.  This time write as many positive comments on the drawing as possible.  Statements like, “You did such a nice job, or I enjoy your friendship.  Fill it with really nice statements.  Cut this drawing out, but don’t wrinkle it.   Post these drawings around the room.  This person is now just called Wanda. What is the difference between the two?