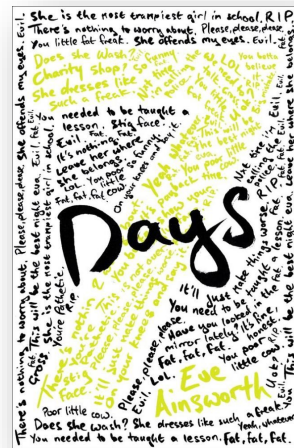
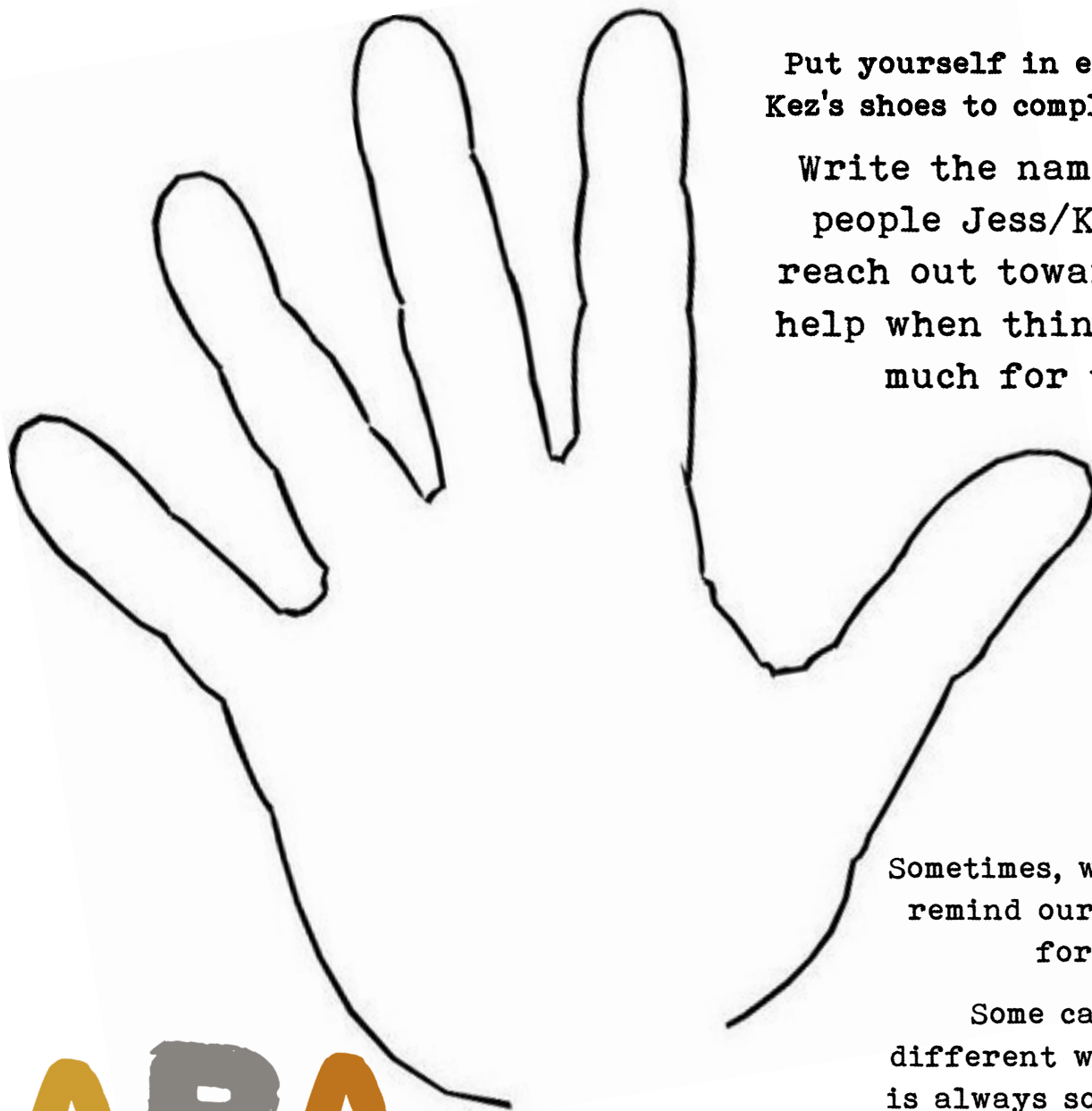


7 Days

By Eve Ainsworth



This bold, compelling and topical story about bullying is told from the perspective of the bully and the bullied. Jess's life is difficult enough without Kez picking on her - it's turning school from a safe place into a nightmare. Kez has plenty of problems too but she finds comfort in knowing she is better off than Jess - or so she thinks.



Put yourself in either Jess or Kez's shoes to complete this task.

Write the names of the people Jess/Kez could reach out towards to get help when things get too much for them.

Sometimes, we just need to remind ourselves to ask for help.

Some can help in different ways, but there is always someone to go to if you need them.