

# STRIVE

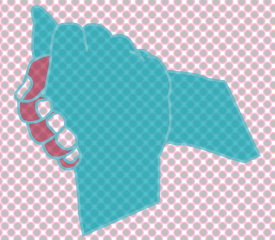


# OTR

Fridays 18:00 - 19:30



Sign up for STRIVE  
at [otrbristol.org.uk](http://otrbristol.org.uk)



**STRIVE** is OTR's anti-bullying support group for anyone aged **12-16** who has experienced bullying.

Bullying can have a negative impact on wellbeing - this could be loss of confidence and self-esteem, anxiety, depression, self-harm and anger.

**STRIVE** provides a safe and supportive environment for young people to talk about their experiences with others who may have experienced similar things.

It offers a great opportunity to develop confidence and get to know people of a similar age.

STRIVE hosts workshops around important topics and designs campaigns around anti-bullying. The group also shares coping and resilience techniques through fun activities to help improve self-esteem.

Age 12-16



@OTRBRISTOL