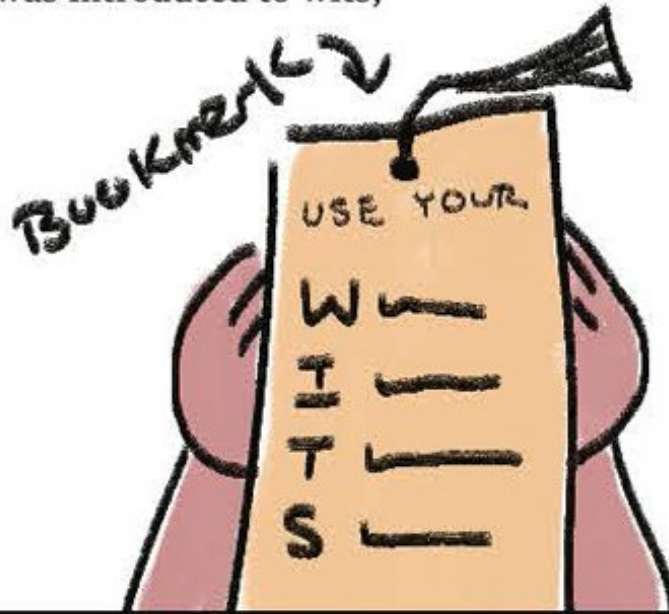
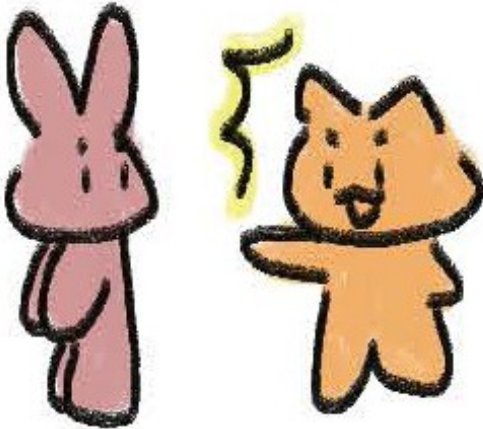


Ever since I was introduced to wits,

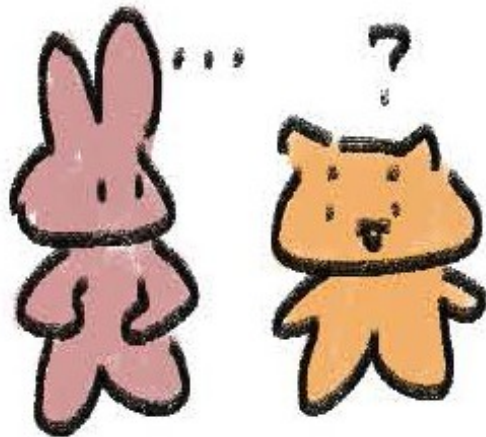


My go to option was "Ignore",
Since in my eyes it required the least amount of confrontation.

I thought it meant that I was strong,



or maybe mature?



(shy)



But it was only because I couldn't speak up for myself

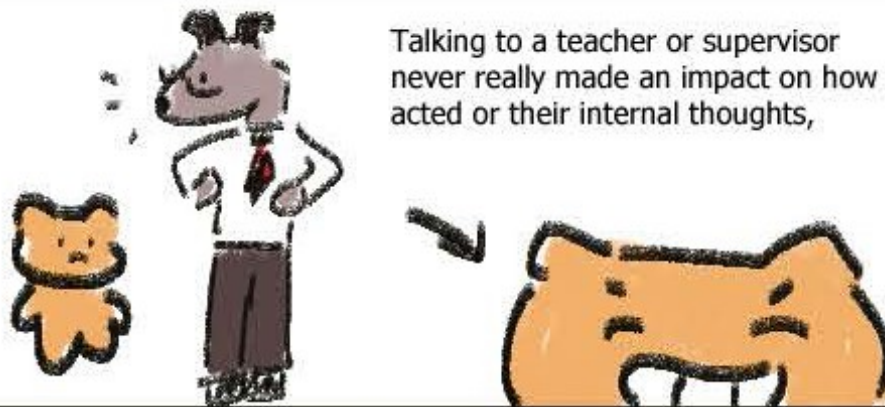
Dealing with things by myself was sometimes frustrating, especially since I was unable to do anything about it



The most I could do was talk about it to my friends.



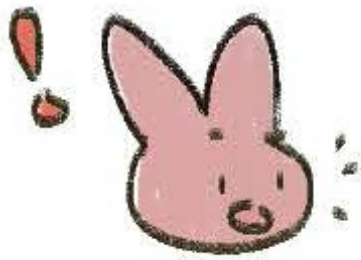
Talking to a teacher or supervisor never really made an impact on how people acted or their internal thoughts,



And i guess that's something I learned to accept...



I learned that ignoring other people's issues they were dealing with, and focusing on my wellbeing was the best thing I could do in my situation!



However, that didn't mean that the other Wits weren't useful to me. Wits didn't only apply to bullying, but was applicable to several other situations!

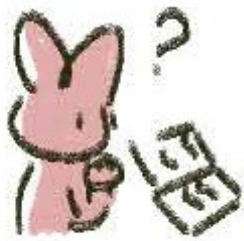
I could Walk away from situations where I was uncomfortable!



Ignore small mistakes I made!

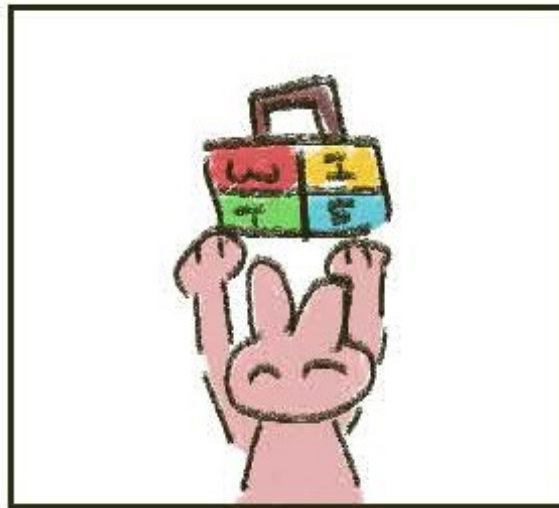
Talk out misunderstandings!





Seek help for schoolwork I didn't understand!

Kind of like a handy



portable social toolkit !

In the end, wits was a nice thing to have by my side

Bringing up issues to the teacher was intimidating to me as a child,



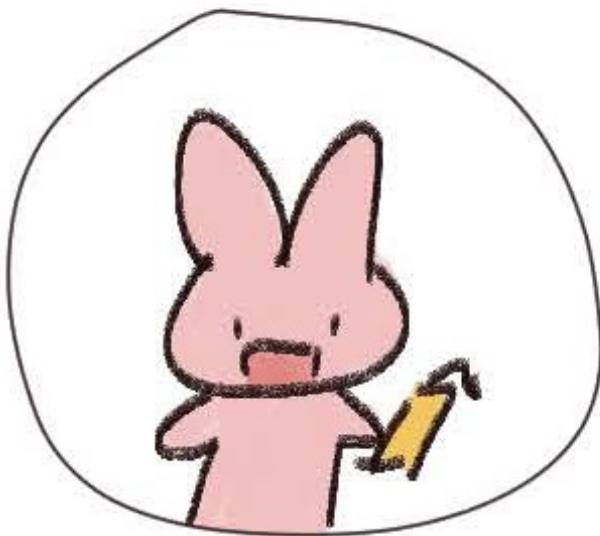
And WITS taught me it was ok to rely on tactics that set the problem behind me entirely,



Which was the most comfortable option for my younger self.

Now that I'm older I know how to handle situations, but

I'm thankful that my younger self learned to handle uncomfortable situations



In a way that taught me how to deal with stress and conflict in a healthy manner!