

Volume 1 - FEAR / Bully Management

# XANE

Adventures of XANE: A synthetic girl designed to navigate human emotions, Xane secretly walks among us, sharing insights into the complexities of feelings.



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Xane,  
I'm really tired  
of the **bullying**  
at school.



What types  
of bullying are  
you talking  
about?



They call me names and push me around.



Understanding your fear is the first step to managing it.



It's important to identify what exactly you're afraid of. Is it the names, the physical pushing, or something else?



I guess it's the feeling of being powerless. It's **embarrassing**. They call me hurtful names in front of other students.



Facing your fear head-on can help **reduce its power** over you.

How do I do that?"





**Use Short, Direct Responses:** If you need to respond, keep it brief and calm. Phrases like “That’s not true,” or “That’s your opinion” can deflect attention without escalating the situation.

**Exit the Situation Quickly:** If possible, move to another area where you feel safer, such as near friends or a teacher. It’s okay to walk away; leaving a tense situation can be powerful and show that you’re in control.

**Practice Assertive Responses:** Stand up for yourself assertively if you feel safe doing so. Statements like, “That’s not okay,” or “Please stop” can send a clear message that their behavior is unacceptable.



Practice makes perfect. The more you practice, the more **confident** you’ll become.

**Thanks, Xane!**  
I feel better already



That's Your Opinion.

Your words mean nothing to me.

Stop wasting your time.

Find something better to do.



You are doing great! Here are a few more things you might want to do.

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**Focus on Positive Self-Talk:** Remind yourself that bullying is a reflection of the bully, not you.

**Document Incidents:** Keep a record of any bullying incidents, including names, dates, and specific details.

**Surround Yourself with Supportive People:** Spend time with friends or classmates who respect you and treat you well.

**Seek Trusted Support:** Talk to a trusted adult, counselor, or teacher about what's happening.



Remember, managing any fear is a process. Take it one step at a time.



I will. Thanks for your help, Xane.



**Dive into FEAR** to experience the full story of how Xane and River learn to conquer all their fears. *(Free at select stores)*



Get more tips from Xane at  
<https://xane.me/>