



**ALEX
PANTON**
FOUNDATION

Our Mission

To improve the mental health of children and young adults in the Cayman Islands through advocacy, awareness and support.

About the Alex Panton Foundation

The Alex Panton Foundation is a not-for-profit with the primary objective of raising awareness of mental illnesses affecting children and young adults in the Cayman Islands with a particular focus on anxiety and depression.

This Foundation has been established in memory of Alex Panton, who succumbed to the effects of severe depression at the age of 16.

The Alex Panton Foundation aims to provide hope and resources to friends, family, teachers, classmates and carers to help save the lives of children and young adults struggling with mental illness.

We know bullying sucks. But it's not your fault.

Need ideas on how to deal with the bully? Here are our top 10 tips:

1. Tell your teacher. Schools will have policies in place to help support you and deal with bullying.
2. Talk to your parents. They can give you ideas of what to say to your bully to make them stop.
3. Stay calm. The bullying might stop when you don't react to it. Try focusing on your breathing.
4. Don't fight back – It can make the situation worse or get you hurt.
5. Don't respond to cyberbullies.
6. Block the person and change your privacy settings, if you are being bullied online.
7. Remember people bully because they want power or attention. Don't give it to them.
8. If online bullying is continuous, delete your account and start a new one.
9. Try to ignore them. If you don't give them attention then they don't have power over you.
10. Ask a friend to stay around or try to avoid the person who is bullying you.

Need more advice? Check out:

alexpantonfoundation.ky



youngminds.org.uk | headspace.org.au