<table>
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<th><strong>Tuesday, November 16th, 2021</strong></th>
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| **Theme:** Building a Culture of Peace  
*PJ DAY - Put bullying to rest* |
| **Symbol of the Day:** |

How do we take power away from the bully?

What is the difference between an upstander and a bystander?

Is it easy to be an upstander?

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### Prayer

Dear Heavenly Father,

Help me to be a peacemaker. Help me have a peaceful relationship with those whom I am struggling with. Also, help me to build bridges between others who are not at peace with each other. Equip me for this task because I cannot do it without You. May You receive all the glory for this.

Thank You Jesus!

Amen.

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### Home Challenge

**Bystanders vs Upstanders**

Watch this video together: [https://video.link/w/vJgGc](https://video.link/w/vJgGc)

Support material for bystanders vs upstanders:

[https://www.stompoutbullying.org/bullying-bystanders-become-upstanders](https://www.stompoutbullying.org/bullying-bystanders-become-upstanders)

**Challenge #2 - Role play ways in which you can be an upstander instead of a bystander.**