



# NO MORE DRAMA

*PMAS is a vibrant and responsive anti-bullying solution provider in schools and the community. We build core skills to create respectfully engaged citizens.*

***Every hour, the cycle of bullying continues in our community.***

The NO MORE DRAMA project helps young women reduce bullying and violence by understanding the roots of conflict and more importantly, teaches the practical skills to deal confidently and effectively with conflict when it arises.

Participants in NO MORE DRAMA learn to:

- Understand the positive and negative aspects of conflict
- Recognize how young women create conflict through personal power structures
- Appreciate the social impact of anger and bullying
- Improve relationships with others through empathy and empowerment
- Develop a greater sense of self
- Improve communication skills for managing conflict

PMAS helps people respect themselves and each other through proven, effective workshops in schools and in the community.

Together, we must put a stop to bullying.  
Find out how we can help you today.

***“If you are a bully,  
it hurts as much as  
being bullied.”***

Alternative High School  
Student (2011)

