



# Bullying



Information About Me		
<b>Gender (Circle One):</b> Male	Female	<b>Grade:</b> _____
<b>Are you part of a Military Family? (Circle One):</b> Yes No		
<b>Race &amp; Ethnicity (Circle any that apply):</b>		
White	African-American or Black	Asian
American Indian	Pacific Islander	Hispanic ethnicity

Bullying—What did you learn?		
Answer the questions below by putting an “x” in the box.	Yes	No
I learned ways bystanders can help in a bullying situation.		
I learned some ways to deal with a bully.		
I learned some things a bully can do to stop bullying.		

Bullying Vocabulary—the Basics	
<u>DRAW A LINE</u> from each word to the correct definition.	
Victim	Someone who hurts, humiliates, or harasses others on purpose
Bystander	Types of Bullying
Bullying	The target of bullying
Bully	Someone who sees bullying happen
Physical, Verbal, Emotional/Social, Cyber	Hurting, humiliating, or harassing another person on purpose



## Be a Good Bystander!

CIRCLE ways you plan to help during a bullying situation:

Interrupt it

Stand next to the person being bullied

Speak up for the person being bullied

Comfort the person being bullied

Ask the bully to stop

Walk away and get help

Offer friendship to the person being bullied



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Talking about Bullying—What do <u>you</u> think?		
Answer the questions below by putting an “x” in the box.	Yes	No
I plan to tell an adult if I am being bullied.		
I plan to tell an adult if someone else is being bullied.		
I know the difference between trying to get someone in trouble and telling the truth about a bullying situation.		
It’s okay to tell an adult is someone is being bullied.		

Ways to deal with a bully — What can you do?		
Answer the questions below by putting an “x” in the box if it’s something you should <u>DO</u> or <u>NOT DO</u> .	DO	NOT DO
1. Stand tall and hold your head high.		
2. Hold your arms up like you want to fight.		
3. Look at the bully and tell him or her to stop in a calm, clear voice.		
4. Walk away and stay away.		
5. Keep what happened a secret.		

The biggest challenge I face with bullying is...



I wish this lesson talked more about...

What ideas do you have to stop bullying at your school?