



# 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. | X   |    |
| I learned some ways to deal with a bully.                   | X   |    |
| I learned some things a bully can do to stop bullying.      | X   |    |

| 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                                    |
| 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

All answers are correct. They demonstrate knowledge if they circle 1 or more



# Bullying



## Talking about Bullying—What do you 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.   | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I plan to tell an adult if someone else is being bullied.  | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| I know the difference between trying to get someone in trouble and telling the truth about a bullying situation. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| It’s okay to tell an adult is someone is being bullied.  | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

## 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.  | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 2. Hold your arms up like you want to fight.  | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| 3. Look at the bully and tell him or her to stop in a calm, clear voice.  | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 4. Walk away and stay away.   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| 5. Keep what happened a secret.   | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |

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?