



WHAT WOULD YOU DO IF BULLIED?

Student Activity Sheet

Sooner or later, most of us have to deal with a bully. It helps to be prepared for those times by thinking ahead.

1. If you had a problem with a bully, who could you talk with?
2. If you got really mad at someone, what could you do to calm down?
3. If you were sad, what could you think about to feel happier?
4. If someone said something mean to you, what could you say to the person?
5. If you felt afraid of someone who could you call?
6. If your best friend was being bullied, what could you do?
7. If a friend pressured you to pick on someone, what could you do?
8. If you realized that you acted like a bully, what could you do?

Keep your answers in a handy place. You never know when you might need to remember them.