



SAY NO TO BULLYING

Worksheet

What is Bullying?

Bullying is repeated, negative, unwanted action toward another individual. There is usually an imbalance of perceived power between the bully and the victim.

The most popular forms of Bullying

Verbal: *name calling, teasing, racial comments, sarcasm, rumors, mean spirited comments, intimidate*

Social: *mobbing, excluding, humiliating, using graffiti aimed at others, putdowns*

Physical: *unwanted touching, hitting, spitting, tripping, shoving, pushing, being aggressive*

Cyber: *similar to verbal bullying but is done online or through texting*

Activities:

1. In groups of 2 or 3, put on a skit for one of the forms of bullying and include samples of bullying and a positive solution.
2. Design a poster for one of the forms of bullying.
3. Interview 2 people about bullying. Find out if they have been bullied or have witnessed bullying. Ask what happened and how it was resolved. If it wasn't, determine how it might have been resolved.
4. Take a survey of 20 people to determine the most popular type of bullying (social, physical, cyber or social).
5. Discuss the feelings individuals experience when bullying happens and make a list of those feelings.
6. Give your opinion about why bullying happens.
7. Give your opinion about what everyone can do to resolve bullying.
8. Develop a comic strip about a bullying incident.
9. Make a list of character traits that would ensure bullying didn't happen if individuals lived by these character traits. (*Loyalty, inclusiveness...*)