

**Session 8 – “Violence Prevention: Bullying” – 1**

**Worksheet 1 – “Bullying”**

Why Do Students Bully?

1. To gain power
2. To get attention or become popular
3. To get material things
4. To act out problems at home
5. To copy another person they admire

Who Is A Bully?

1. A person who doesn't care if bad things happen to other people
2. A person who doesn't feel bad when they hurt others
3. A person who likes to be in charge and always gets their way
4. A person who believes others deserve to get bullied
5. A person who is bullied at home by their parents, brothers or sisters.

Ways Students Bully

1. Physical aggression
2. Social alienation
3. Verbal aggression
4. Intimidation

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**Worksheet 1 – “Bullying” continued...**

Who Do Bullies Most Often Pick On?

1. Students who are smaller
2. Students who don't have that many friends
3. Students who don't stick up for themselves or get help from an adult
4. Students will pick on most anybody, if they think they can get away with it.

What Can Happen To People Who Get Bullied?

1. Feel scared, alone and sad
2. Don't like school
3. Don't feel good about themselves
4. Get headaches and stomachaches

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**Activity 2 – “Bullying Survey”**

1. How do you most often feel at school? \_\_\_\_\_

Very Sad  
Sad  
OK  
Happy  
Very Happy

2. The adults at my school are? \_\_\_\_\_

Not Helpful  
Sometimes Helpful  
Always Helpful

How do you feel in these places?

3. In the classroom? \_\_\_\_\_

Unsafe  
OK  
Safe

4. On the school black top out back? \_\_\_\_\_

Unsafe  
OK  
Safe

5. In the lunchroom? \_\_\_\_\_

Unsafe  
OK  
Safe

6. Going to and from school? \_\_\_\_\_

Unsafe  
OK  
Safe

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**Activity 2 – “Bullying Survey” continued...**

7. How often do other students hit, kick or push you?

8. How often do other students say mean things to you?

9. If you have been bullied this year, whom have you told?

10. If you have been bullied this year, who has helped?

11. How often do you hit, kick or push at school?

12. How often do you say mean things at school?

13. How many people do you think are lonely at school?

14. Do you feel lonely at school?

15. List three students you like to do things with:

16. List three students you don't like to be with:

17. List three students who most need friends:

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**Worksheet 2 – “Bullying”**

Stop Bullying

1. Don't Bully – If you are bullying people, you need to ask yourself why you are doing it. It isn't funny and shouldn't be fun.
2. Help Others- It is the right thing to do and it will stop if many people stand up to the bully. Standing up to a bully can start with you.
3. Speak Out – Bullies usually don't want to talk out conflicts, but you should still let them know how you feel.
4. Ignore It – Bullies want a reaction from you. If you don't give it to them, they will often find someone else who will react. Try to avoid bullies.
5. Get Adult Help – Very Important. Stress this technique. The adults at school are committed to stop bullying. You are being strong when you get adult help because you are brave enough to take a stand against the bully.
6. Include Everyone – Try to include everyone in your class. If you see someone who is often by him – or herself, ask them to do something with you once in awhile. You don't need to be their friend, but try to include them when possible.