



Self-teach Workbook Unit 6: Bullying

TIME ASSIGNED: 1-2 Hours

Activity 1

WHAT DO YOU KNOW ABOUT BULLYING?

Mark the following statements as True (T) or False (F).

1. Bullying is a normal part of growing up.
2. Ninety percent of kids in grades 4-8 are bullied.
3. Most bullying takes place at school.
4. Bullying always include hitting.
5. Excluding people is not bullying.
6. Anyone who is bullied deserves to be bullied.
7. Being alone increases chances of being bullied.
8. The best way to end bullying is to hit the bully.
9. Anyone who reports bullying is tattletale.
10. Hurt feelings caused by bullying can last a lifetime.
11. Bullying affects only the person bullied.
12. Anyone can learn skills that lessen or end bullying.

T	F

Activity 2

STORY CHALLENGE

Use **ALL** the words from the list to complete the story about bullying.

abuse followers bystander good citizen
 control power cyber bullying take-a-stand

There are some kids who bully others at my school. I guess you could call me a _____ because I just watch what happens and I don't _____ to try to stop bullying. Just the other day I was in computer lab and I witnessed _____ .

This one kid had "photoshopped" a picture (changing the picture with computer software) of this other kid in class and was e-mailing it to some of his _____.

I think one reason he likes to _____ or hurt this kid is that it makes him feel like he has _____ and _____ over someone who is defenceless against him. I know that I should be a _____ and try to help him, but I don't know what to do.

I actually feel sick to my stomach when I see this stuff happening every day. What do you think I could do to help kids when they are being bullied?

Write below some suggestions that could help others know how to REPORT bullying safely:

Write below some suggestions that could help others know how to SUPPORT someone who is being bullied:

Activity 3

IS THIS BULLYING?

Place a check in the small square next to each example of bullying or cyberbullying.



A group of boys never lets you join their basketball team.



A boy repeatedly posts cruel comments about you on a website.



Mean text messages continuously flood your cell phone.



A girl keeps spreading nasty lies about you.



A boy keeps stealing your lunch money.



You fall down. A girl helps you get up.



Some boys offer to walk you to class.



A girl keeps telling others not to play with you.

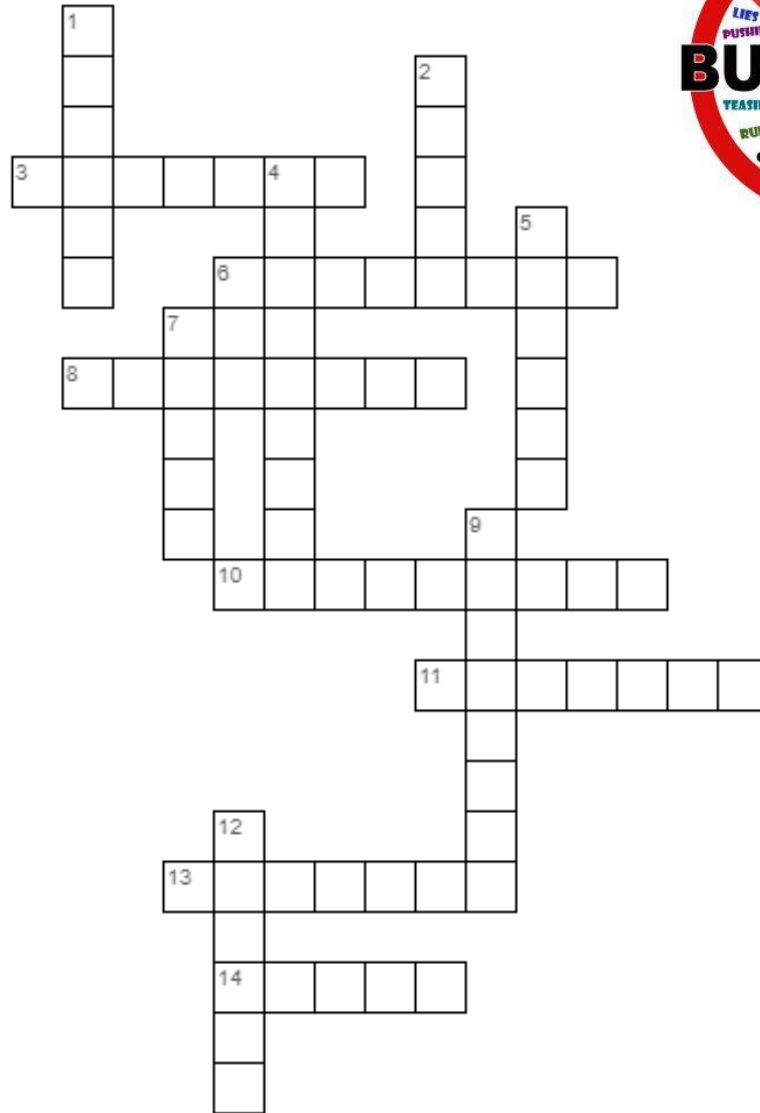


Every day, some kids threaten to hurt you.

Activity 4

BULLYING

Complete the crosswords.



Across

- 3 Marks that show someone has been physically abused
- 6 Bullies feel _____ sometimes because they have control
- 8 Bullying by punching, kicking, biting, etc.
- 10 Giving in to others even when you don't want to
- 11 Saying something in a tone that indicates you mean something else
- 13 You should always treat people with this
- 14 Someone who pushes others around with words, actions, or objects

Down

- 1 When someone looks frightened by seeing or hearing about someone
- 2 People spread these about others to hurt feelings
- 4 Bullying by messing with others emotions
- 5 How you feel when you know you did something wrong
- 7 Bullying on facebook, twitter, e-mail, texts, etc.
- 9 Saying it _____ is how to let people know how you feel while respecting them
- 12 Bullying with your words

Activity 5

ANTI-BULLYING JOURNALING

Give your opinion on the following prompts:

1. Write about a time when you learned something valuable from someone you didn't know very well before.

2. What is the most effective way to stand up against a bully?

3. What should you do if you recognize that someone feels uncomfortable in a conversation with another student?

4. Why do people become bullies? How can you show a bully that their behaviour is wrong?

5. What is your favourite characteristic about yourself?

6. What do you think your class could do to stop bullying in your school?

7. Write about a time when someone made fun of you for something that you were embarrassed about. Describe how that made you feel.

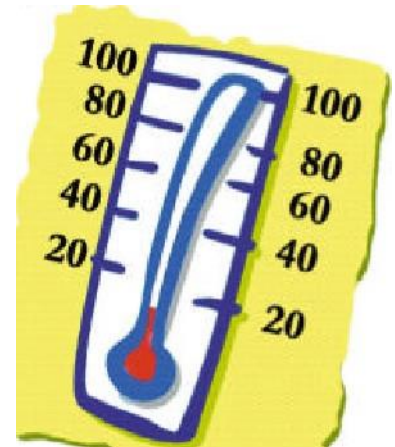
Activity 6

STAND AGAINST BULLYING

Where are you on the "Stand Against Bullying" thermometer?

Answer each of the 20 questions by scoring on a 1 to 5 scale how likely you are to do what is being asked of you to do. Then add up your total points and list them at the bottom of this page.

A score of 1 would mean that YOU WOULD NOT likely do what is being asked. A score of 5 means that YOU WOULD NEARLY ALWAYS do what is being asked. The scores of 2, 3, 4 indicate varying degrees of how likely or unlikely you would do what is being asked. How likely are you to:



1. ___ stick up for your best friend if they were being bullied?
 2. ___ tell someone who bullies to stop picking on another student who doesn't have any friends?
 3. ___ report someone who bullies to a teacher?
 4. ___ stop a group of students who are bullying a younger student?
 5. ___ invite a new girl or boy to play at recess?
 6. ___ tell your parents or a relative about someone who is bullying you?
 7. ___ tell someone who bullies to stop bullying a student that you don't like?
 8. ___ say something to a boy who is teasing a girl in a mean way?
 9. ___ tell one of your friends to stop bullying a new student at school?
 10. ___ tell someone who has bullied you in the past to stop bullying another student?
 11. ___ tell someone who is popular to Stop bullying another student?
 12. ___ stand up for a student who doesn't like you and is being bullied?
 13. ___ tell an Older student to stop saying mean things to someone your age?
 14. ___ help a student who is being bullied and is outnumbered by a group of students who bully?
 15. ___ tell your teacher about someone who is bullying you?
 16. ___ tell one of the popular students to stop making fun Of someone you don't know very well?
 17. ___ say something to a girl who is spreading rumours about another student?
 18. ___ say something to a boy who is spreading rumours about another student?
 19. ___ tell your teacher about someone who is bullying a new student?
 20. ___ help stop bullying at your school?
- ___ **Total Points (It is possible to have 100 points.)**

Activity 7

Anti-Bullying Word Search Puzzle

Look for the words in the puzzle about anti-bullying attitudes.

P E R S I S T E N T U C G R Q F X H X G
F I E O K O H D E J N A N A E O C C M L
C K P X S V R V Q S D L I G I S L L N S
O Z I O E Z V X U M E M Y D N L P I X I
K G T Y T H L P W O R P L M E J Q E D W
N S R S G S P B D F S E L T T H T Y C U
T N A T R O P M I S T P U U S G W H W T
P I Q Y R X S M Q P A Y B K I Z S E I Q
H P Z T N D I R Q E N T I V L D C N A R
Q K R Z N O R Q F A D G T D W N E W S X
H W Z E F F Y J G K S S N E E C A N D O
K K I N V Q W O W U N U A D G R O X M X
F R C M R E J G C P R N I Q E A S B H K
F D R O N S N N U V G F R N N A R E J L
F G G D H C Q T L M N M E A Z O B U X A
P A R E N T S O I O J S E F A S I O O T
T U L E E Z O I C O S R E H C A E T Z C
A P H R Z H G U T T N V S I E J U W C G
F J J F C S N T I I D R U V I E B R B A
P G G S H C M N P W A N F N Y K Y N P P

ACTION ANTIBULLYING AWARENESS CALM CANDO CONFIDENCE COURAGE FREEDOM
FRIENDS HELP IMPORTANT LISTEN PARENTS PERSISTENT PREVENTION RESPECT SAFE
SAYNO SCHOOL SPEAKUP STOP SUPPORT TALK TEACHER TELL UNDERSTAND





Self-teach Workbook Unit 6: Bullying

ANSWERS

Activity 1

WHAT DO YOU KNOW ABOUT BULLYING?

Mark the following statements as True (T) or False (F).

1. Bullying is a normal part of growing up.
2. Ninety percent of kids in grades 4-8 are bullied.
3. Most bullying takes place at school.
4. Bullying always include hitting.
5. Excluding people is not bullying.
6. Anyone who is bullied deserves to be bullied.
7. Being alone increases chances of being bullied.
8. The best way to end bullying is to hit the bully.
9. Anyone who reports bullying is tattletale.
10. Hurt feelings caused by bullying can last a lifetime.
11. Bullying affects only the person bullied.
12. Anyone can learn skills that lessen or end bullying.

T	F
	X
X	
X	
	X
	X
	X
X	
	X
	X
X	
	X
X	

Activity 2

STORY CHALLENGE

Use ALL the words from the list to complete the story about bullying.

abuse followers bystander good citizen
control power cyber bullying take-a-stand

There are some kids who bully others at my school. I guess you could call me a **bystander** because I just watch what happens and I don't **take-a-stand** to try to stop bullying. Just the other day I was in computer lab and I witnessed **cyber bullying**. This one kid had "photoshopped" a picture (changing the picture with computer software) of this other kid in class and was e-mailing it to some of his **followers**.

I think one reason he likes to **abuse** or hurt this kid is that it makes him feel like he has **control** and **power** over someone who is defenceless against him. I know that I should be a **good citizen** and try to help him, but I don't know what to do. I actually feel sick to my stomach when I see this stuff happening every day. What do you think I could do to help kids when they are being bullied?

Open text answers

Activity 3 IS THIS BULLYING?

Place a check in the small square next to each example of bullying or cyberbullying.



A group of boys never lets you join their basketball team.



A boy repeatedly posts cruel comments about you on a website.



Mean text messages continuously flood your cell phone.



A girl keeps spreading nasty lies about you.



A boy keeps stealing your lunch money.



You fall down. A girl helps you get up.



Some boys offer to walk you to class.



A girl keeps telling others not to play with you.



Every day, some kids threaten to hurt you.

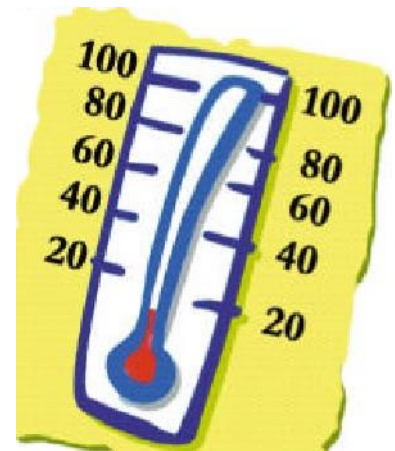
Activity 6

STAND AGAINST BULLYING

Where are you on the "Stand Against Bullying" thermometer?

Answer each of the 20 questions by scoring on a 1 to 5 scale how likely you are to do what is being asked of you to do. Then add up your total points and list them at the bottom of this page.

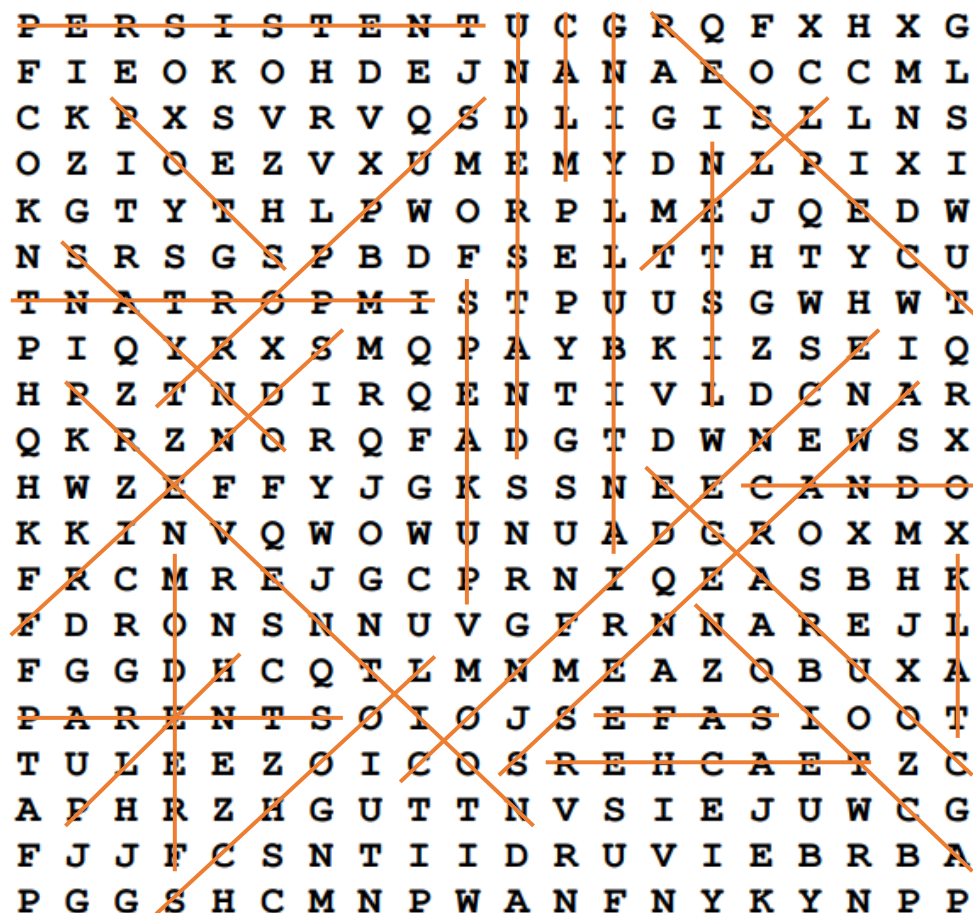
A score of 1 would mean that YOU WOULD NOT likely do what is being asked. A score of 5 means that YOU WOULD NEARLY ALWAYS do what is being asked. The scores of 2, 3, 4 indicate varying degrees of how likely or unlikely you would do what is being asked. How likely are you to:



Activity 7

Anti-Bullying Word Search Puzzle

Look for the words in the puzzle about anti-bullying attitudes.



ACTION ANTIBULLYING AWARENESS CALM CANDO CONFIDENCE COURAGE FREEDOM
FRIENDS HELP IMPORTANT LISTEN PARENTS PERSISTENT PREVENTION RESPECT SAFE