

mylemarksTM

HELPING KIDS ALONG THE WAY!

The Bullying Workbook

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Types of Bullying

Physical Bullying is when a person uses their body or an object to hurt another person. It usually happens where there are no adults around. Physical Bullying is dangerous because it can cause serious harm to another person.



- Hitting
- Breaking Things
- Pushing
- Punching
- Slapping
- Kicking
- Spitting
- Pinching
- Throwing Objects

Write about an example of Physical Bullying that you've seen.

ACTIVITY**BULLYING MIX AND MATCH**

Write a P, V, S, or C on the type of bullying you think the example is describing!

PHYSICAL VERBAL SOcial CYBER

	<i>Katie tells the other girls at lunch not to let Laura sit next to them.</i>
	<i>Frank always tries to walk behind Josh and trip him up in the hallway.</i>
	<i>Whenever the teacher is not looking, Missy throws small pieces of paper at Megan and tries to get it stuck in her hair.</i>
	<i>Debbie sends text messages on her phone to Chris saying that he is "ugly".</i>
	<i>When choosing sides for a game, Gary tells Xavier, "I'd rather pick my grandma than you!"</i>
	<i>When James isn't around, Sarah always calls him names and makes fun of him to other people.</i>
	<i>Cliff finds an embarrassing picture of Veronica and puts it on the Internet for everyone to see.</i>
	<i>Whenever Owen goes to sit down, Marvin pulls his chair out from underneath him.</i>

DISCUSSION QUESTIONS

1. Can you relate to any of these examples? Share.
2. How do you think the person getting bullied is feeling?

ACTIVITY

BULLYING LOCATIONS

Solve the clues to answer the question,

“WHERE CAN BULLYING HAPPEN?”

- 1) a place where you go to learn with your classmates
- 2) a place where you go to eat when at school
- 3) a place where you can play sports and games inside the school
- 4) a place that adults go every day during the week to make money
- 5) a place where you walk on your way to class
- 6) a place where your family lives
- 7) a place where there are swings and slides
- 8) a place where you go to buy things that you need

1. c l a s s r o o m

2. _____ _____

3. _____ _____

4. _____

5. _____

6. _____ _____

7. _____ _____

8. _____ _____ _____

ACTIVITY

BEING BULLIED

Which of these pictures looks like someone is being bullied?

DOES THIS LOOK LIKE SOMEONE IS BEING BULLIED?

YES

NO



WHY OR WHY NOT?

ACTIVITY

BEING THE BULLY SCENARIOS

Read the scenarios, and then answer the questions below!

SCENARIO #1

As Brandon is walking home from school, he sees Carlos picking on Aiden. Carlos has Aiden's book bag and is playing "keep-away". Brandon wants to be friends with Carlos because he is one of the popular kids. Brandon says, "Hey Carlos, throw it over here!" Carlos tosses the bag to Brandon. Aiden walks up to Brandon and asks him to please let him have his book bag so he can get home. Brandon says, "How about NO, loser!" and he throws the bag back to Carlos.



WHY DO YOU THINK BRANDON IS BULLYING AIDEN?

ACTIVITY

IDENTIFYING THE BYSTANDER

Take a look at this picture. Circle the bystanders!



DISCUSSION QUESTIONS

What do you think is going on in this picture?

How do you think the kid getting bullied is feeling? _____

How do you think the bystanders are feeling? _____

If you were a bystander, what might you do in this situation?

Helpless Bystander vs. Bystander Hero

Whenever you witness bullying, you can either let it continue, or you can do whatever you can to help the person getting bullied.

Helpless Bystander

A helpless bystander is someone who thinks that there is nothing that they can do to be helpful. They see the bullying happen, but they do not try to help because they don't think they can. They might just stand and watch, or even join in with the bully.

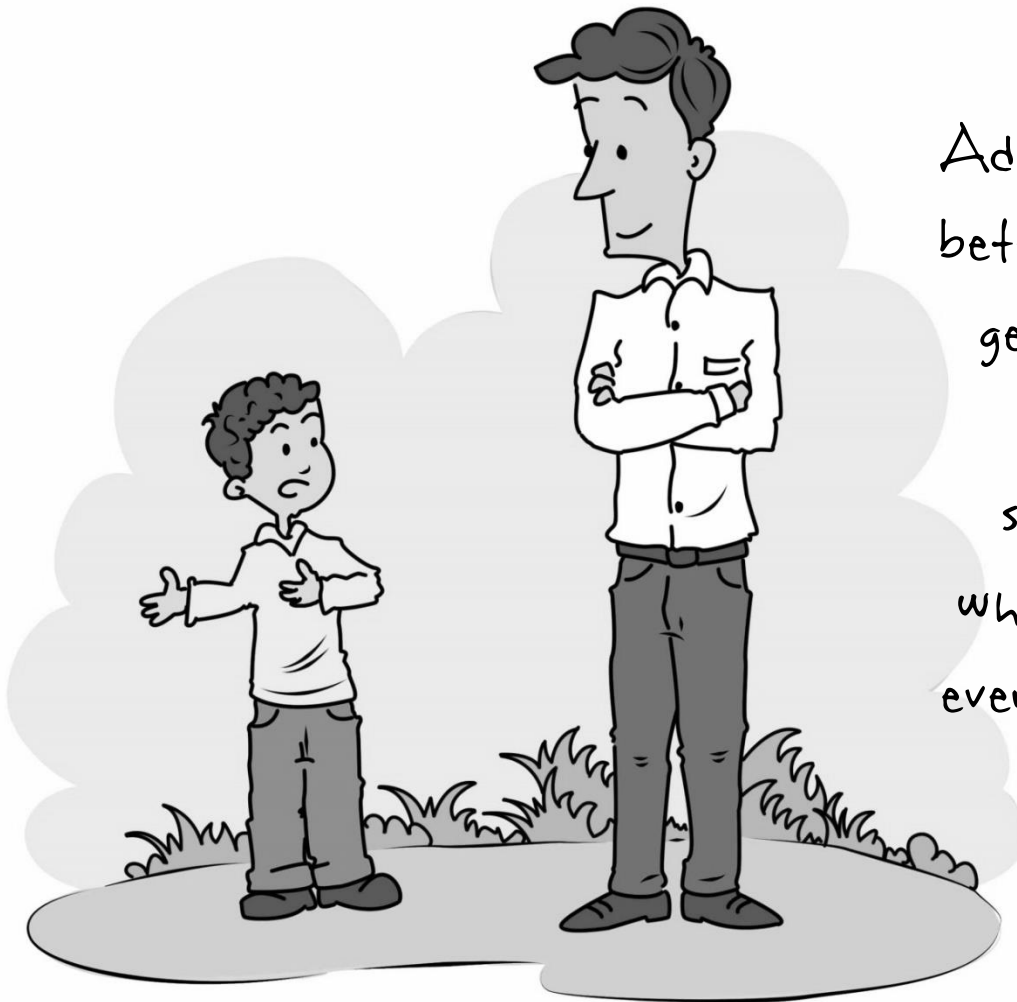
BYSTANDER HERO



A bystander hero is someone who knows that they can make a difference and be helpful! They do not laugh along with the bully. They will either say something to be helpful, or they'll let an adult know that bullying is happening.

Reporting Bullying

Sometimes the safest thing to do is to **NOT** get involved with the bullying when you see it happening. If you ever feel that you or someone else might be in danger, it would be best to let an adult know **as soon as possible**. This is especially true if you see someone being physically bullied.



Adults will be
better able to
get control
over a
situation
while keeping
everyone safe!

Reporting bullying to an adult is not “tattling” because you are not doing it to get someone else in trouble, you are doing it to keep others from getting hurt.

Coping with Cyber Bullying

Cyber bullying is harmful for a number of reasons.

*INFORMATION SPREADS QUICKLY

On the Internet, someone can spread negative comments or images about you to a lot of people very quickly. People in different schools, states, and even countries will be able to read whatever the bully says or sends.

Cyber bullying
can be just as
hurtful as the
other types of
bullying!



*IT CAN HAPPEN AT ANY TIME

A cyber bully doesn't even have to be in the same room to be able to bully another kid. This makes cyber bullying very easy to do. A cyber bully can communicate their negative messages at any time through text, the Internet, and social media.

*KIDS CAN BE ANONYMOUS

The Internet allows people to be anonymous while they are cyber bullying. Someone could be saying mean things about you, and you might never end up knowing who that person is.

ACTIVITY

A REAL FRIEND

If you think the example describes something a friend would do, draw a line towards the "Friend". If it's bullying behavior, draw a line towards the "Bully"!

Spreads rumors about me

Pressures me to do things I don't want to

FRIEND

Talks to me when I'm feeling sad

BULLY



Asks my opinion and listens to me

Won't talk to me because she's mad at me

Won't let me be friends with anyone else

Helps to calm me down when I'm upset

Laughs at me behind my back

Stands up for me when other kids laugh at me

Shares her cool, new toys with me

Cheats off of my homework

Compliments me and makes me feel good about myself

Tells my secrets to the other kids



DISCUSSION QUESTIONS

1. Can you think of any other examples of what a real friend would do?
2. Can you think of any other examples of what a bully would do?

Being the Bully (Things You Can Do)

While going through this workbook, you might have realized that you have been a bully.

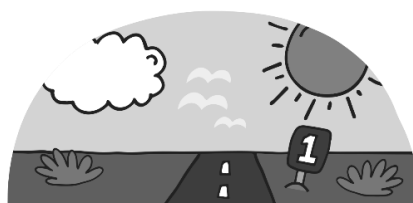


If you realize
that you have
been bullying
someone,
STOP
immediately!

Continue reading to identify things that you can do to change your behaviors!

ABOUT THE AUTHOR

Z. Andrew Jatau, MS, has served diverse populations in his roles as a case manager, professional counselor, and adjunct professor. He has developed programs and presentations focused on helping children, teens, and young adults develop socially and emotionally. He is the founder and CEO of Mylemarks LLC.



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