



Stop The Bully Plan

What is Bullying?

Bullying is when a person purposefully hurts you with words or actions. This can happen over and over and it is sometimes hard to stop.

Why bullies want to hurt you?

Because they need control over others
Because they lack empathy
Because they lack self-control
Because they don't know how to behave differently

Bullying can happen in different ways

CIRCLE the examples of bullying that have happened to you.

UNDERLINE the examples you have seen happen to other people.



Physical Bullying

HITTING
KICKING

PUSHING

TRIPPING



Verbal Bullying

NAME CALLING
TEASING

HURTFUL
COMMENTS

THREATS



Social Bullying

SPREADING
RUMORS

CAUSING
EMBARRASSMENT

EXCLUDING FROM
GROUP



Cyber Bullying

SHARING EMBARRASSING
PHOTOS / VIDEOS

SENDING HURTFUL
MESSAGES

PRETENDING TO BE
SOMEONE ELSE ONLINE

My Plan



Tell an adult

Telling and dobbing are two different things. When a person dobs, they want to see someone else get in trouble. When a person tells, they are trying to help stop someone or yourself from being hurt. If you or someone else is being bullied you should tell an adult.

Name 3 adults you can tell about a bully



Act BRAVE

The bully wants to hurt your feelings, so act like his behaviour doesn't hurt you. You can do this by saying to the bully he is right (even if you disagree). For example, when the bully calls you "ugly" look him in the eye and say calmly, "You know, you might be right." then walk away with confidence.

List 3 responses you could use



Avoid the bully

Whenever you can, avoid being with the bully by yourself. For example, walk away, take a different pass to class, use a different bathroom.



Be assertive

Respond to the bully standing tall, using a calm and clear voice and making eye contact. Bullies often get bored when they see the person is confident. You can practice responding to a bully in front of the mirror at home.



Respond Neutrally

Create a list of neutral verbal responses to stop bullying. Use your confident body language and say: "Leave me alone." "Go away." "Back off." "That wasn't nice." Or "Whatever." and walk away.

List 3 responses you could use



Build your self-esteem

The better you feel about yourself, the less likely the bullying will affect your self-esteem. Make a list of your unique qualities that make you special.

Write what makes you special