

Bullying Worksheet

Name:

Date:

Instructions:

If the statement is true, tick the box located under the "True" column. If the statement is false, tick the box under the "False" column.

After you have answered all of the questions, check your answers with the answer key.

| Statement | True | False |
|--|------|-------|
| 1. Bullying is when someone is mean to another person on purpose. | | |
| 2. Bullying only happens in schools. | | |
| 3. Bullying can be physical, verbal, or emotional. | | |
| 4. If you are being bullied, you should just ignore it. | | |
| 5. There are things you can do to stop bullying. | | |
| 6. Bullying always involves physical aggression. | | |
| 7. Cyberbullying refers to bullying that occurs online. | | |
| 8. Bullying is a normal part of growing up and should be tolerated. | | |
| 9. Bystanders can play a role in preventing and addressing bullying. | | |
| 10. Bullying is a problem that only affects children and adolescents. | | |
| 11. Bullying can have long-lasting effects on the mental and emotional well-being of the victim. | | |

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|--|--|--|
| 12. Bullying is always intentional and premeditated. | | |
| 13. Bullying can occur in various settings, including workplaces and online communities. | | |
| 14. Verbal bullying includes name-calling, teasing, and spreading rumors. | | |
| 15. Reporting incidents of bullying can help to address the issue and protect others from experiencing it. | | |

Activity B

Instructions:

Read the following scenarios and decide what you would do if you were in that situation.

Write down your answers in the space provided.

Scenarios:

1. You are walking home from school when older kids start following you and calling you names. What do you do?

2. You are sitting in class and a classmate keeps making fun of your clothes. What do you do?

3. You are at lunch and a group of kids start pushing you around. What do you do?

4. You are sitting in class and you see a group of kids picking on a new student. What do you do?

5. You are walking down the hallway and you see a group of kids calling someone names. What do you do?

6. You are at lunch and you see someone getting pushed around. What do you do?

Answer Key

Activity A

| | | |
|------|-------|-------|
| 1. T | 6. F | 11. T |
| 2. F | 7. T | 12. F |
| 3. T | 8. F | 13. T |
| 4. F | 9. T | 14. T |
| 5. T | 10. F | 15. T |

Activity B

There is no one right answer to these questions. The best thing to do in a bullying situation will depend on the specific situation.

1 - 3 Questions

- Stay calm and don't react. The bully is trying to get a reaction out of you, so don't give them the satisfaction.
- Walk away or avoid the bully. If you can, try to avoid the bully or walk away from the situation.
- Tell a trusted adult. If you are being bullied, it is important to tell a trusted adult, such as a parent, teacher, or counselor.
- Stand up for yourself. If you feel safe doing so, you can try to stand up to the bully. This could involve telling the bully to stop, walking away, or ignoring them.

4 - 6 Questions

There is no one right answer to these questions. The best thing to do in a bullying situation will depend on the specific situation. However, some general tips include:

- Stand up for the victim. If you feel safe doing so, you can try to stand up for the victim by telling the bully to stop or by walking away with the victim.
- Report the bullying to a trusted adult. If you are not comfortable standing up to the bully, you can report the bullying to a trusted adult, such as a teacher, counselor, or parent.
- Ignore the bullying. Sometimes, the best thing to do is to ignore the bullying. This will not always work, but it can sometimes help to de-escalate the situation.