



## **ACTIVITY PACK**

# BULLY • VICTIM • BYSTANDER

Match the word to the correct definition:

## WORD

## DEFINITION

VICTIM

\_\_\_\_\_ 1.) Someone who uses their words or actions to physically hurt another person.

BULLY

\_\_\_\_\_ 2.) A person who witnesses bullying

BYSTANDER

\_\_\_\_\_ 3.) Someone who gets picked on by another person

## DID YOU KNOW THIS IS BULLYING?

- Hitting, pushing, fighting or hurting someone
- Making fun of someone, teasing or name calling
- Leaving someone out on purpose
- Spreading rumors, gossiping or telling lies about someone
- Destroying another person's property
- Trying to make someone feel bad about who they are

Look at the three pictures below. What types of bullying do you think are happening in each picture?



## BULLIES ARE NOT COOL!

With a group, choose one of the pictures above. Write a story about what you think is happening in the scene!



# **BULLY PROOF POSTER**

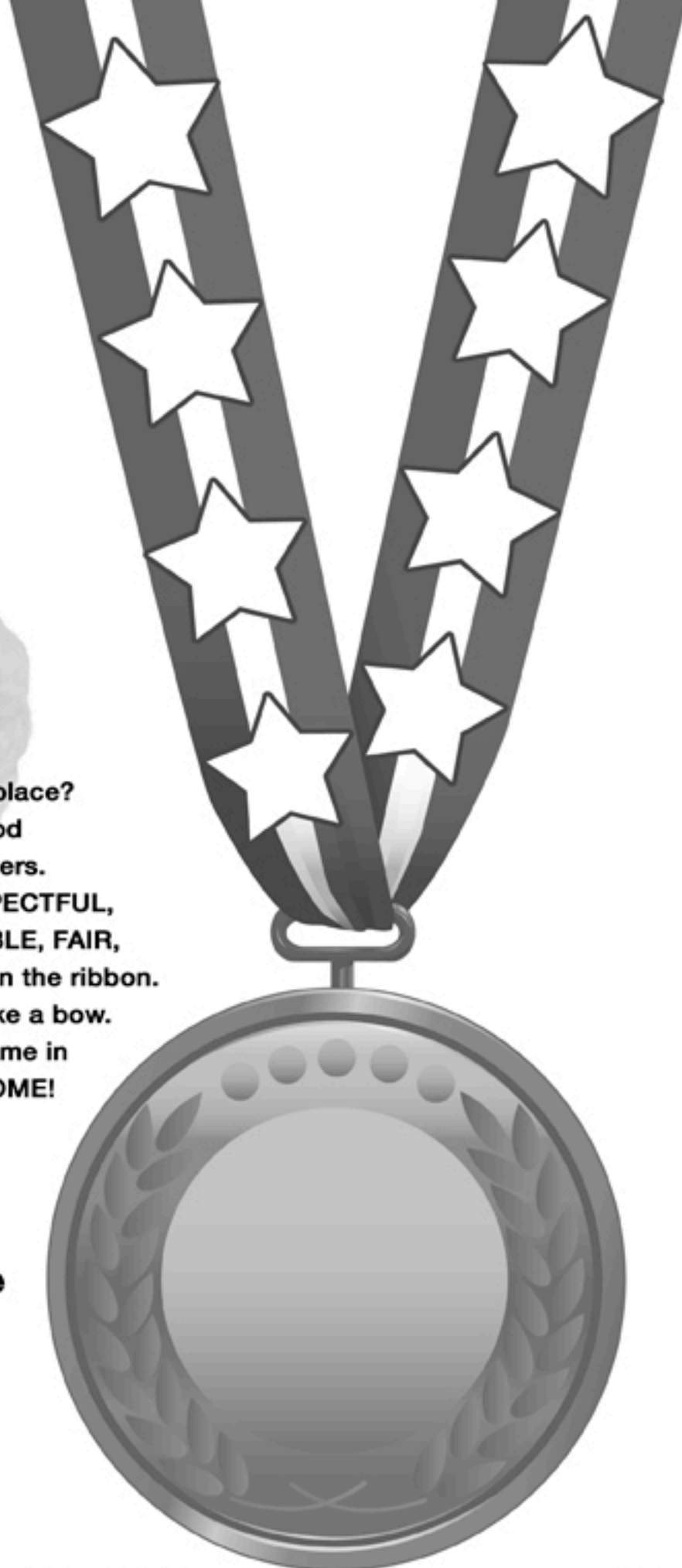
Bullies should know that we think what they're doing is wrong! In the box below, design a poster to stop bullying in your school. Underneath the poster, write a slogan to go with it. A good example of a slogan would be, "B.O.B. Back Off Bully", "SAY NO TO BULLIES!", "BE A FRIEND, NOT A BULLY", "STOMP OUT BULLIES." Post these posters outside of your classroom to let bullies know that this school is BULLY PROOF!

**SLOGAN:**

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**Poster By:**

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How can you make the world a better place?  
Lots of ways! When you show your good character you spread happiness to others. Each time you show that you are **RESPECTFUL, TRUSTWORTHY, CARING, RESPONSIBLE, FAIR,** or a **GOOD CITIZEN** color in one star on the ribbon. When you have filled in all the stars take a bow. You deserve an award so write your name in the middle of the **GOLD** medal. **AWESOME!** Be proud of yourself because you are **AMAZING!**

## **Character Pledge**

**I Know What's Right  
I Know What's Good  
My Character Helps Me  
Do What I Should**

# WORD SCRAMBLE

GRADES 4 - 6

Unscramble the words below and reveal how bullies can make you feel.

<b>GYRAN</b>	
<b>REDCAS</b>	
<b>NELOYL</b>	
<b>DRESEPSDE</b>	
<b>VOUSNER</b>	
<b>DESUFNOC</b>	
<b>ORWRDIE</b>	
<b>KSCI</b>	

Answers: (1) ANGRY (2) SCARED (3) LONELY (4) DEPRESSED (5) NERVOUS (6) CONFUSED (7) WORRIED (8) SICK

# Which is the best way to stay **BULLY PROOF**?



**A**

**B**

**C**

**In front of the mirror,  
practice saying,  
“B.O.B. -- Back Off Bully!”**

**Never act scared.  
Stand tall and  
show CONFIDENCE!**

**Bullies don't like kids  
that stick together so  
stick with a friend.**

ANSWER: All answers are correct! These are great ways to stay Bully Free!

# THUMBS UP or THUMBS DOWN

*Have each student write two sentences on a piece of paper:*

*1) something that a bully will do*

*2) something that kids with good character do*

Collect all the sentences and read them aloud to the class. Have students give a “THUMBS UP” for sentences describing things kids with good character do and a “THUMBS DOWN” for sentences describing things bullies do.

Talk with the class about how kids with good character make their school a great place to come and learn everyday.

Then discuss how bullies can make their school an unsafe, scary, or terrible place to be. Ask kids why the following are good ways to deal with bullies:

- Stand up for anyone who is being bullied
- Speak out when you see bullying. Say “Back Off Bully”
- Report all bullying to a teacher and your parents
- Get help from an adult when someone is being bullied
- Don’t be a bystander. Refuse to join in the bullying
- Invite kids who are often left out to join your group
- If someone talks to you about being bullied, listen and offer to help.





## **WHAT WOULD YOU DO IF . . .**

Have every student write their name on a small piece of paper. Put the names in a small bag. Without looking draw one students name from the bag. Read one of the following scenarios and ask the student "what would they do if . . .". Other students may help and give their ideas how to handle the situation. Have the class vote if the idea on how to deal with the bully is a good way or bad way.

- ◆ A classmate kicked or triped you in the hallway?
- ◆ A group spread a bad rumor about you?
- ◆ A person teased you and called you a name?
- ◆ Someone told a lie about you?
- ◆ A classmate broke something that belongs to you?
- ◆ Someone punched or slapped you?
- ◆ A classmate said something mean or hurtful to you?
- ◆ Someone threatened to hurt you if you didn't do what they said?