

Reporting Bullying Behavior

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Identify Problem: Bullying is something that almost all individuals experience at one time or another in their lives. Many times people are too embarrassed to tell someone or believe that telling someone will not help. Ignoring the problem will not make it go away. This exercise is designed to help students understand and implement effective ways of responding to, and reporting bullying to appropriate individuals that can help.

Exercise: Have students identify an incident in their life when they were bullied.

Answer the following questions:

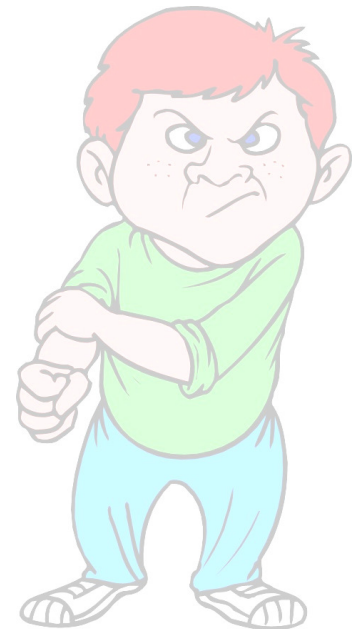
1. Who was the bully?
2. Describe the incident?
3. Where did the bullying take place?
4. Who were you with when the incident occurred?
4. How did you react?
5. What did the bully get out of the incident?
6. Did you talk to anyone about it?
7. If so, did it help?
8. If not, who could you have reported it to?

Identify skills:

1. Students will learn to avoid situations that put them at risk for bullying.
2. Students will learn not to react in a way that will reward the bully.
3. Students will be able to identify people they could report to.

Worksheet: Q & A about Bullying

Source: Teresa Willie



If I am Being Bullied I Can...

1. I can avoid being bullied by (choose one)
 - a. teasing the bully
 - b. using the buddy system whenever possible
 - c. giving them what they want
 - d. calling them names

2. If someone is bullying me repeatedly I should (choose one)
 - a. talk to a school counselor
 - b. talk to my parents
 - c. talk to a friend
 - d. all of the above

3. If I speak to an adult and it doesn't change the situation, I should (choose one)
 - a. allow the bullying to continue
 - b. believe that no one can help
 - c. find another adult who will intervene
 - d. just keep quiet

4. Identify three people you can go to if you are being bullied
 - a. _____
 - b. _____
 - c. _____

5. I will be less at risk for bullying if I (choose one)
 - a. stay in a group
 - b. don't react in a way that rewards the bully
 - c. talk to someone who can help
 - d. all of the above

