

What's a Bully?

A bully is someone who picks on, teases, or physically hurts another person. Most people- kids and adults alike – have come up against bullies. It's almost impossible not to.

Some bullies use words to hurt kids. They tease or name-call or threaten.
Like Deblyn: she calls Jacob "Porky Pig" because Jacob is a little overweight.

Some bullies spread rumours or leave kids out and get others to ignore them too.

Like Nathaniel: he doesn't like Rebekah because she is good at drama and he isn't. So he spread the rumour that Nathaniel cheated on the drama test.

Some bullies punch or hit or shove. Or they take and destroy things that don't belong to them.

Like Rachel: she goes out of her way to push Matt when they're walking down the stairs.

Not all bullies pick on kids they don't like. There are some who like to bully their friends.

Like Michael: he wants his friends to do things his way. He thought Romy wasn't following his "rules," so he stopped talking to her and got their friends to stop talking to her too.

Do you have a bully in your life who causes problems for you or someone else?

How often do you come into contact with a bully who picks on you or somebody else?

Did you ever see anyone:	Often	Sometimes	Never
Give a kid a mean nickname?	_____	_____	_____
Take someone's lunch?	_____	_____	_____
Leave someone out on purpose?	_____	_____	_____
Spread a rumour?	_____	_____	_____
Tease somebody about how they look?	_____	_____	_____
Embarrass somebody to make others laugh?	_____	_____	_____
Call another a "funny" name after being asked not to?	_____	_____	_____
Play a mean trick on somebody?	_____	_____	_____
Pick on somebody they knew wouldn't fight back?	_____	_____	_____
Hit somebody out of anger?	_____	_____	_____
Take somebody's property and destroy it on purpose?	_____	_____	_____
Get others to gang up on a smaller or weaker person?	_____	_____	_____
Get others to stop talking to somebody else?	_____	_____	_____
Say to somebody: "You'd better watch out!"	_____	_____	_____

Is bullying a big problem for you? Why?

It's good to know where you might see a bully so you won't be taken by surprise.

How often have you seen bullying happen in these places?

1 = Hardly ever

2 = Sometimes

3 = Often

At the bus stop?	1	2	3
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On the bus?	1	2	3
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In the classroom?	1	2	3
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During lunchtime?	1	2	3
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In the bathroom?	1	2	3
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In the park?	1	2	3
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On the playground?	1	2	3
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At home?	1	2	3
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Can you think of other places where you might see a bully?
If you can, write them down here and rate them:

_____	1	2	3
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_____	1	2	3
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_____	1	2	3
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