

# Gubyllub

## Learn to NOTICE the Bullybug arriving!

*When we understand the causes and can recognise the start of bullying behaviour, we can learn to change the way we respond and stop the Bullybug in its tracks while also building the resilience to keep the Bullybug away.*

Think about times when you have used bullying behaviours and what you feel and think in these moments as you answer the questions below.



What happens to me when I have the Bullybug is

---

---

---

---

The very first signs the Bullybug has arrived are

---

---

---

---

Once the Bullybug really gets hold of me

I think \_\_\_\_\_

I feel \_\_\_\_\_

I say \_\_\_\_\_

I do \_\_\_\_\_

And what happens next is

---

---

---

Is what happens helpful OR unhelpful?

---

---

Some reasons I use bullying behaviour are

---

---

---

---

The skills I want to use next time the Bullybug turns up are

---

---

---

These are the people who can help me beat the Bullybug

---

---

---

---

