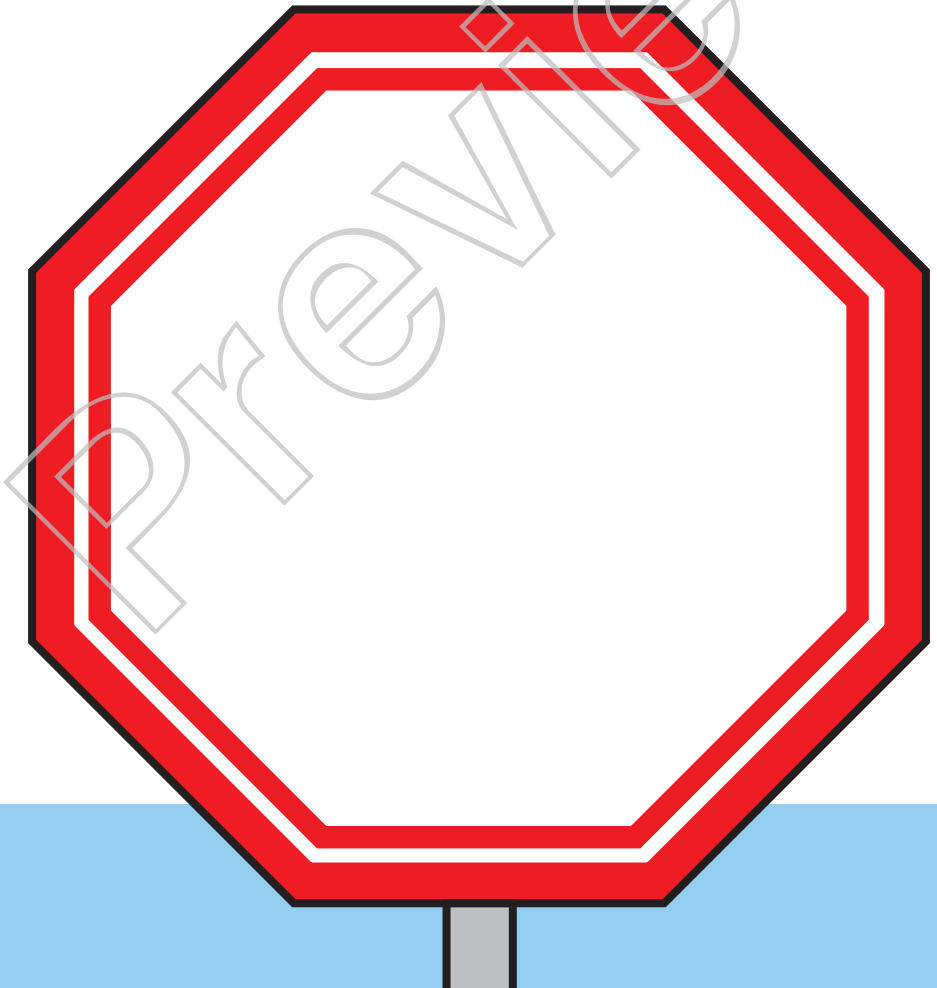


# WHAT IS BULLYING?

What do you think bullying is?  
Write or draw an example in the STOP sign below.



**Bullying happens when one person hurts another person on purpose.**

- ▶ A bully can hurt someone with words.
- ▶ A bully can hurt someone with actions.

**Draw or write your answers in the boxes.**

**Tell about a time when someone's words hurt you.**

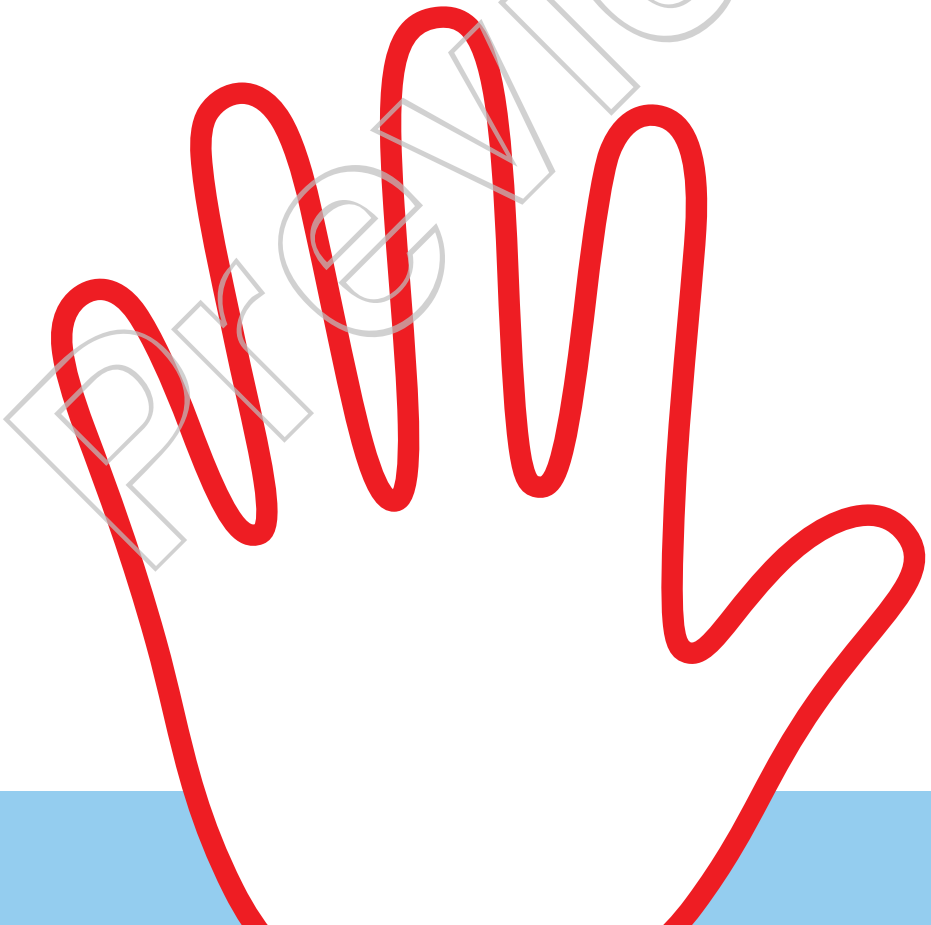
**Tell about a time when someone's actions hurt you.**

**Bullying can take different forms,  
but it is always meant to cause harm.**

- ▶ Bullying can be hitting, punching, or shoving.
- ▶ Bullying can be teasing or name-calling.
- ▶ Bullying can be telling lies about someone.

### **NEED A HAND?**

If you or a classmate are bullied, it's important to tell an adult. On the drawing of the hand below, write the names of five people who could help you deal with a bully.



## Bullying can happen anywhere, anytime.

- ▶ Bullying can happen at school or on the playground.
- ▶ Bullying can happen on the bus.
- ▶ Bullying can happen in your neighborhood.
- ▶ Bullying can happen online.

Write **T (true)** or **F (false)** next to each sentence.

1. Bullying always includes hitting. \_\_\_\_\_
2. Bullying only happens at school. \_\_\_\_\_
3. If someone bullies you, you deserve it. \_\_\_\_\_
4. Bullies hurt other people on purpose. \_\_\_\_\_
5. Both words and action can cause harm. \_\_\_\_\_
6. If someone is bullying you, you should tell an adult. \_\_\_\_\_
7. Being a bully will make people like you. \_\_\_\_\_
8. Bullying can happen to anyone. \_\_\_\_\_

# Bullying is behavior that's repeated.

A person can be mean to someone, but it isn't bullying unless it happens repeatedly (over and over). For example, if John hits Jason at recess, that's a bad thing to do, but it's not bullying. But if John hits Jason at recess every day, that's bullying.

The word HARP can help you decide whether or not a situation is bullying. Bullying is always:

**H** – harmful

**A** – aggressive

**R** – repeated

**P** – purposeful (it's done on purpose)

## IS IT BULLYING?

Read each example and circle the letters to show if the action is harmful (H), aggressive (A), repeated (R), and/or purposeful (P). If you circle all four letters, then it's an example of bullying.

1. Pushing a boy out of his seat on the bus every day

**H**      **A**      **R**      **P**

2. Arguing over a ball at recess

**H**      **A**      **R**      **P**

3. Always making fun of the way a classmate looks

**H**      **A**      **R**      **P**

4. Cutting in line in the lunch room

**H**      **A**      **R**      **P**

## If you, a friend, or a classmate are being bullied, here is what you can do:

- ▶ Tell a teacher or other adult right away.
- ▶ Be an UPstander—be someone who stands UP for yourself, or for the person being bullied.
- ▶ Don't give the bully attention.
- ▶ Keep your cool. Walk away.

### THINK ABOUT IT

Work alone or with a partner. Brainstorm things you could do or say to stand up for yourself—or for a classmate. Write your ideas in the thought bubbles. One is done for you.

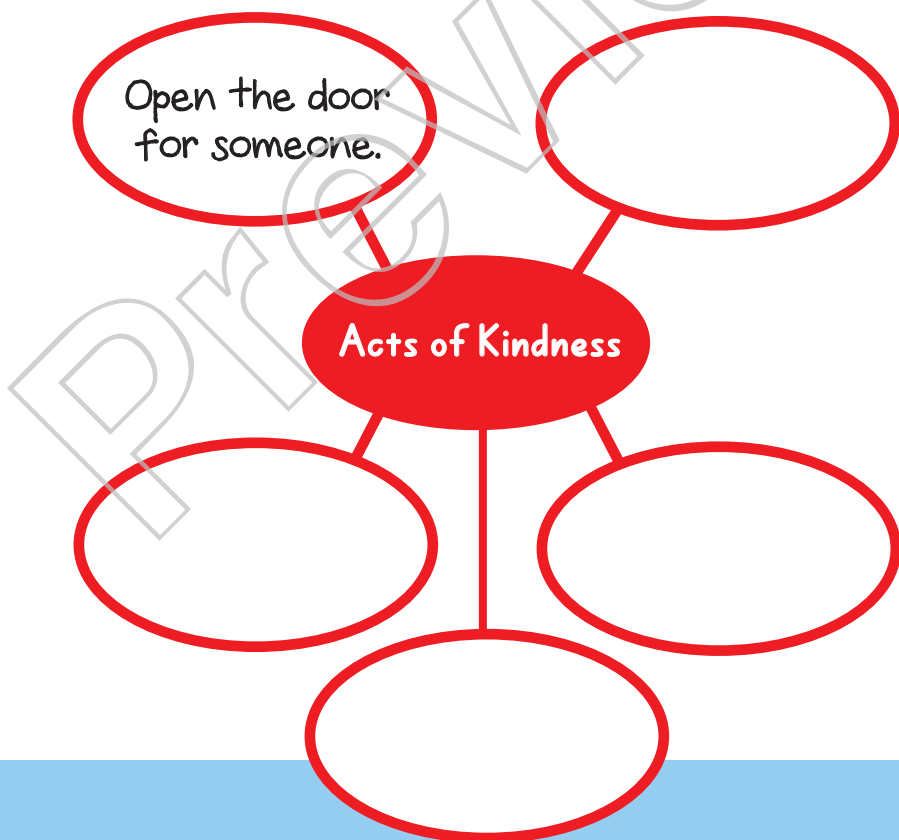
Tell the bully,  
"That's not  
funny."

To help keep your school bully-free,  
be kind to everyone, every day!

**Here are some ways you can show kindness:**

- ▶ Help others without being asked.
- ▶ Include others who seem alone or left out.
- ▶ Give someone a compliment.
- ▶ Do an act of kindness.

Fill in the ovals with ways you can be kind every day.



To help make your school a great place to be, make a pledge.

- ▶ Make a pledge to be kind.
- ▶ Make a pledge not to bully others.
- ▶ Make a pledge to be an UPstander.

*A pledge is like a promise.*

Fill in the pledge below and sign your name.

My name is \_\_\_\_\_.

- ★ I pledge not to bully others.
- ★ I pledge to be an UPstander.
- ★ I pledge to always be kind.

Here are three ways I pledge to show kindness:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Teacher \_\_\_\_\_

Date \_\_\_\_\_