




ACT IT OUT	TRUE OR FALSE	SKETCH IT	IMAGINE IF	RISK
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40
50	50	50	50	50



### IMAGINE IF

20 POINTS

Imagine if you were bullying someone else and want to stop. Who could you turn to for help? What would you say?

### SKETCH IT

50 POINTS

One way to "bully-proof" yourself is to build up your confidence and belief in your personal power. Draw 3 things that you are good at and/or what you appreciate about yourself.



As the research says, creative play really is the language of childhood. No matter the topic covered, I have found that as long as the lesson involves a bit of art, role-playing, games, and some freedom of movement, students are engaged. In this lesson & Quiz Show style game, students get to answer through acting, drawing, imagining, and problem solving as a team. I hope that your students enjoy this activity, having serious fun learning!



### RISK

20 POINTS

Name the top 3 people you could ask for help if either you or someone you know is the target of bullying.




### TRUE or FALSE

50 POINTS

Bullying can include:

- \*hurting someone physically or emotionally
- \*threats
- \*teasing, put-downs and name calling
- \*spreading rumors
- \*excluding
- \*sending hurtful messages through social media and texts
- \*trying to make someone feel bad about themselves
- \*treating someone badly based on their religion, physical appearance, skin color, abilities, how much money their family has, and/or gender.





### ACT IT OUT

40 POINTS

Someone is calling you names for the third time in a row and you decide to stand up for yourself. Standing tall with your head high, shoulders back and feet apart, make direct eye contact with this person and say in a calm, firm voice a Stand-In-Your-Power comeback statement.

Examples include: \*So? \*And? \*Who cares? \*My name is \_\_\_\_\_ Call me by my name. \*Got nothing better to do? Act It Out



# BONUS ACTIVITIES INCLUDED!

## 25 TASK CARDS

### ACT IT OUT TASK CARDS

**ACT IT OUT**  
40 POINTS

Imagine that there is a kid in your class who has tripped you on purpose, and you were worthless, demanded your lunch money and threatened they would beat you up if you "tattled" on them. You feel scared but know that you need help. Act out telling an adult about what has happened and ask for help.

### SKETCH IT TASK CARDS

**SKETCH IT**  
40 POINTS

Draw where you feel safe at school, reminding yourself where you could go if you ever had to deal with bullying.

### RISK TASK CARDS

**RISK**  
40 POINTS

1. What are the times that bullying is most likely to take place at school?  
2. Where are the places at school that bullying is most likely to take place?

### TRUE OR FALSE TASK CARDS

**TRUE OR FALSE**  
40 POINTS

No one has the right to harm or hurt you. If you are bullied it is NEVER your fault.

**ACT IT OUT**  
20 POINTS

Imagine that for the last few weeks when you sit down for lunch in the cafeteria other people shove away from you or someone says, "Back. You can't sit there. You're going to make me get my lunch!"  
What Stand Up to Bullying TIP do you use?  
Act it out.

**ACT IT OUT**  
30 POINTS

Imagine that you believe you have another student showing their exclusion.  
What Stand Up to Bullying TIP do you use?  
Act it out.

**SKETCH IT**  
20 POINTS

Draw how you might feel if you witnessed someone else being bullied.

**IMAGINE IF TASK CARDS**

**Imagine IF**  
40 POINTS

Imagine if you were hanging out with a group of buddies at school and another student comes up to join the group. One of your friends says a mean remark directed at this student and the rest of the group.  
What would you do?

**RISK**  
20 POINTS

Name the top 3 people you could ask for help if either you or someone you know is the target of bullying.

**RISK**  
30 POINTS

What can YOU do to help stop bullying?

Preview

# SKETCH IT & IMAGINE IF Worksheets

Imagine if you were hanging out with a group of buddies at school and another student comes up to join the group. One of your friends says a mean remark directed at this other student, and the rest of your friends start laughing. What would you do?

Imagine if you were the target of bullying, in addition to asking an adult for help and standing up for yourself, what are 3 things you could do to help yourself feel better?  
In other words, what are 3 coping skills you could use to help manage this difficult experience?

**COPING TOOL #1**

**COPING TOOL #2**

**COPING TOOL #3**

Imagine if you were bullying someone else and wanted to stop. Who could you turn to for help? What would you do?

NAME \_\_\_\_\_

Draw how you might feel if you witnessed someone else being bullied.

Draw how you might feel if you were the target of bullying.

Name \_\_\_\_\_

Draw how you might feel if you were bullying someone else.

Imagine if your friend wrote something mean and untrue on social media about a classmate who is often excluded and teased at school. What could you do to help stop this cyberbullying?

NAME \_\_\_\_\_

Draw how you might feel if you witnessed someone else being bullied.

Draw how you might feel if you were the target of bullying.



Imagine if your friend put down a boy in your class for wearing a pink shirt and purple nail polish, and that this is not the first time your friend has made fun of him. What Stand Up to Bullying TIP could you use?

**STAND UP TO BULLYING TIPS**

IF YOU ARE THE TARGET

#1 GET AWAY as soon as you can and MOVE to a SAFE place where there's other peers and adults.

#2 PARTNER UP and HANG OUT with others; avoid places where you are alone.

#3 ACT AS IF the bullying has no power over you. Look CALM and CONFIDENT by standing up tall, shoulders back and head up. Even if you feel upset and scared on the inside, try not to let the person bullying you know it. Take slow, deep breaths and remind yourself that you are courageous and will get help from a trusted adult.

#4 STAND UP FOR YOURSELF ACT BORED; use HUMOR and guard yourself with a QUICK (easy to remember) STAND-IN-YOUR-POWER COPEBACK like "So?" "Yep" "And?" "Whatever you say" "Who cares?" "Got nothing better to do?"

#5 GET HELP from an adult. Share with them what has happened and ask for their support.

#6 Be the bigger person and don't retaliate. Fighting back physically or verbally will only make the situation worse and get you in more harm's way.