

Say **No** to
bullying



A collection of worksheets that focuses on bullying. This collection has been created to be used either as individual worksheets or as a collective direct work session.

RUDE, MEAN OR BULLYING?



	rude	mean	bullying
Someone burps loudly nearby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Someone teases you daily about your hair color	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Someone laughs at you for wearing the wrong uniform	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Someone punches you every day at lunchtime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Someone bumps into you and doesn't say sorry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Someone tells you they don't like the way you smell.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



SAY **NO** TO **BULLYING**

Put yourself in each of the following roles and answer the questions:



BULLY

What they might feel: _____

Why they might be bullying: _____



BYSTANDER

What they might feel: _____

Why they might not be stopping
it: _____



VICTIM

What they might feel: _____

What they may be thinking: _____



SAY **NO** TO **BULLYING**

Name: _____

Date: _____

Grade: _____

Provide an example for each of the following types of bullying:

Verbal



Physical



Social



Cyber





A stylized illustration of a person with long dark hair, wearing a blue t-shirt and white pants, sitting cross-legged on a light blue cloud-like shape. They are holding a smartphone in their right hand. The background features a large, irregular blue shape representing a landscape or sky, with three stylized white clouds and two potted plants with green leaves and yellow flowers. The entire illustration is framed by a thick blue border.

WHAT SHOULD YOU DO?

[illegible]



WHAT SHOULD YOU DO?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



A stylized illustration of a woman with long dark hair, wearing a black t-shirt and white pants, sitting on a grassy field. She is holding a small white flower in her right hand. The background features a large, stylized sun or moon in the center, with clouds and two small flowers on either side. The entire scene is enclosed within a large, irregular, light blue shape that resembles a cloud or a frame.

WHAT SHOULD YOU DO?

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



WHAT SHOULD YOU DO?

[illegible]



SAY **NO** TO **BULLYING**

To stop bullying in my school and online, I pledge to:

1

2

3



SAY **NO** TO **BULLYING**

Create your own 'say no to bullying' poster below:

