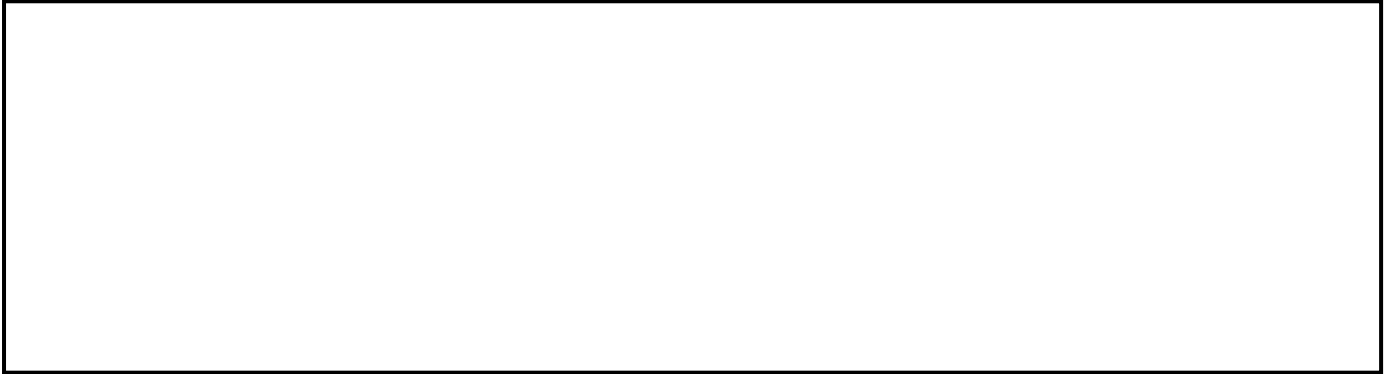
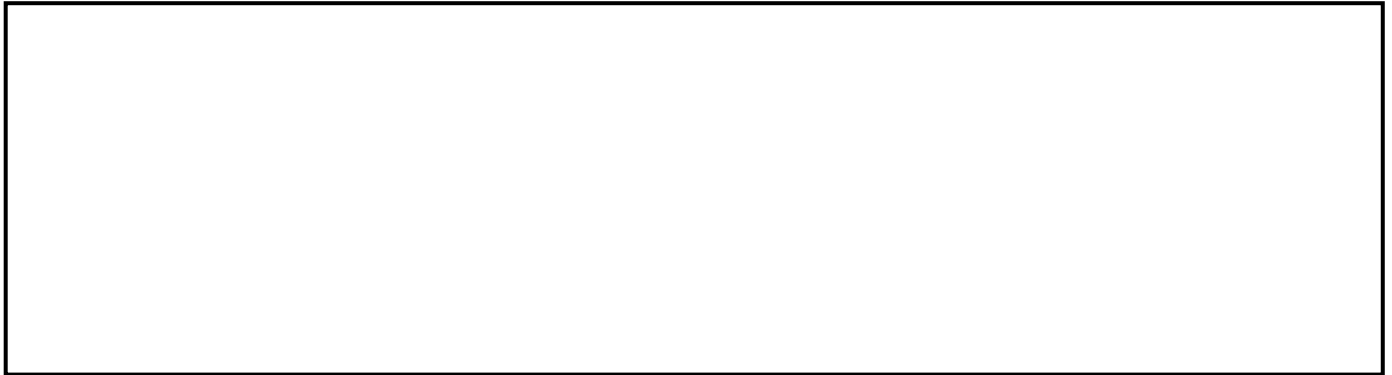


## BULLYING REFLECTION

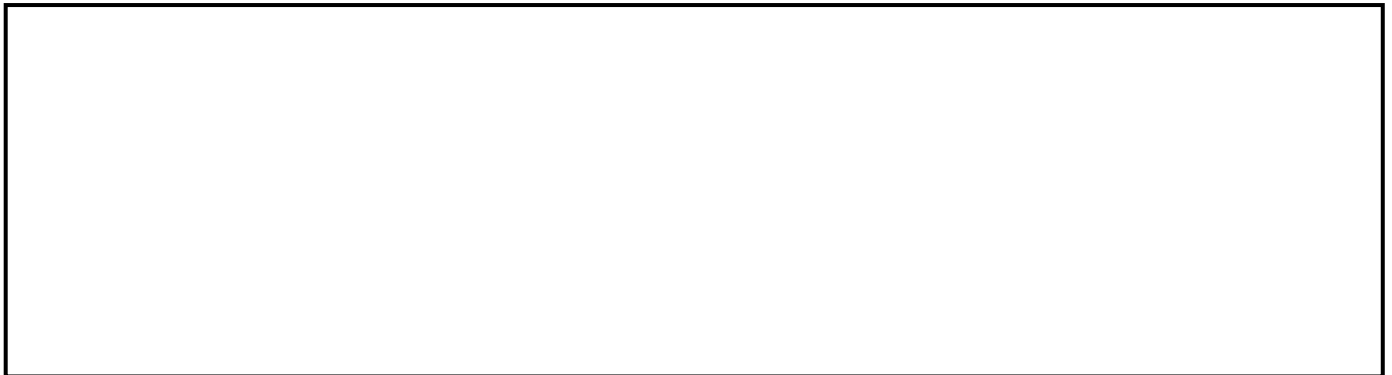
Who are the people that bully me? Write their names or draw a picture of them



What kinds of thoughts do I have when someone is bullying me? Write your thoughts or draw a picture of them.



What are my feelings or emotions when I am being bullied? Write or draw your feelings.



What is my reaction when I am bullied? Write or draw your reaction.



What are some better ways to react to being bullied? Write or draw some ideas.

Who are some safe adults you can talk to when being bullied? Write or draw them here.

Who are some close friends that you can talk to? Write or draw them here.

List some great things about yourself:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

What are some things that are important to you now?

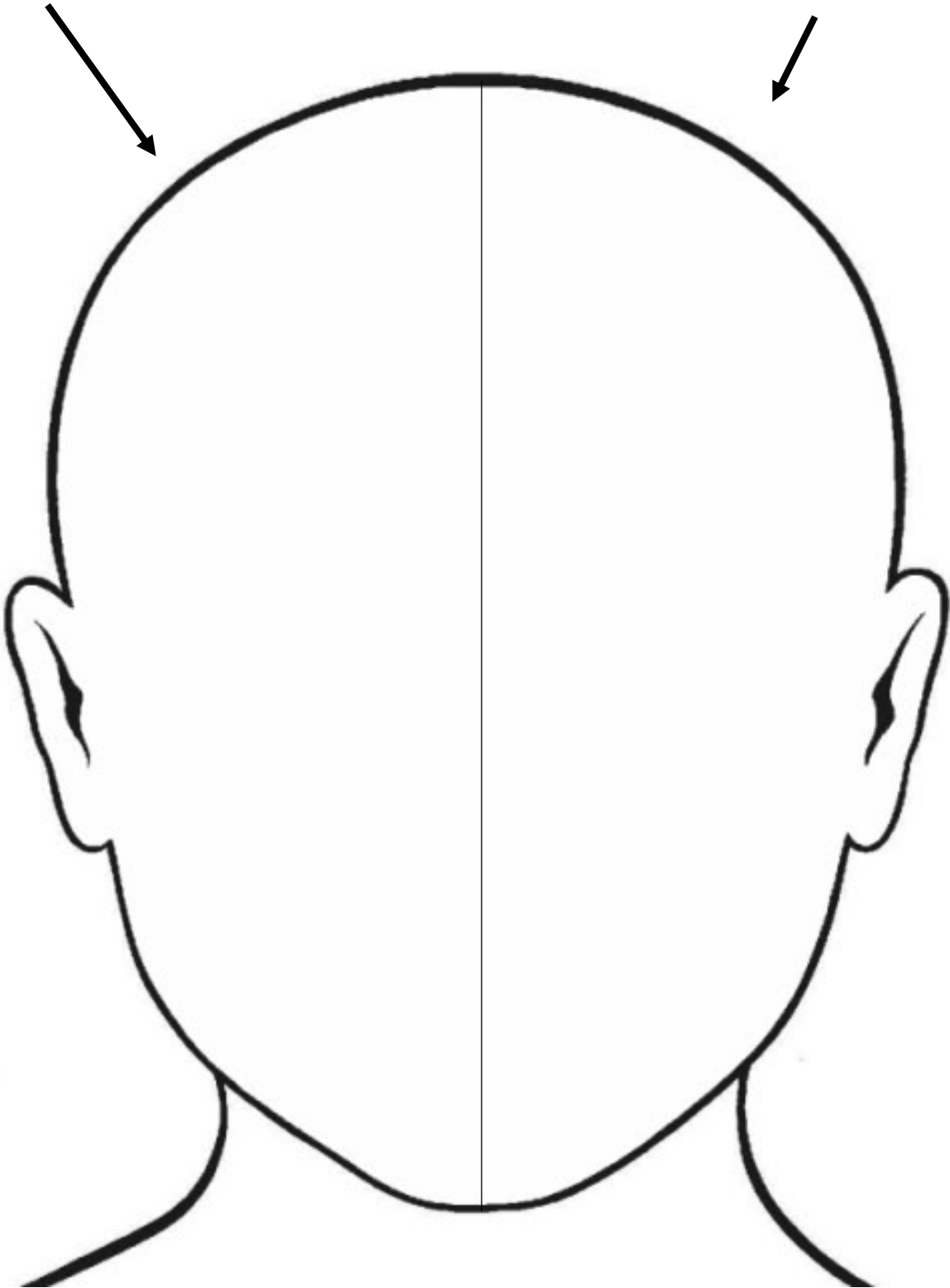
- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

What are some things that will be important to you in the future?

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

On this side draw how you see yourself

On this side draw how you think other people see you



Draw a map of your school. Include the name of your classes and draw the hallways between them. Show the places where you mostly get bullied on the map.

## Bullying Safety Plan

If a bully starts to pick on me or make me mad, I will try and calm myself by:

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If I am feeling frustrated or out of control I can talk to:

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