I Can Stop Bullying by...

Circle all the ways that you can stop bullying in your school or community.

Standing up for others

Thinking about my words before I speak

Being kind to myself

Eating healthy

Reminding myself things I like about being me

Exercising

Being kind to others

Watching TV

Not spreading rumors/gossip

Talking to trusted adults

Accepting friends online who I know in person

How My Words Help Others

Fill in what you would say in each of the following situations

If I see a classmate using words to hurt a friend I can say...

_____

_____

_____

If someone in my school is bullying me, I can tell a trusted adult by saying...

_____

_____

_____

If words hurt someone else, I can say...

_____

_____

_____

If I hear a rumor that I know is untrue, I can say

_____

_____

_____

JOE TORRE
SAFE AT HOME.

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