



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

**Bullying** stops us from being who we want to be, and prevents us from expressing ourselves freely, and might even make us feel unsafe. If you are bullied, say something! If you are bullying, **it's not cool!**

## I might be being bullied

### **SPEAK UP!**

If you feel uncomfortable with the comments or actions of someone...tell someone! It is better to let a **trusted adult** know than to let the problem continue.

- **Get familiar with what bullying is and what it is not.**  
If you recognize any of the descriptions, you should stay calm, stay respectful, and tell an adult as soon as possible.
- **If you feel like you are at risk of harming yourself or others, get help now!**



## Someone is bullying me online or via text message



# PREVIEW

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- **Join** other youth leaders across the country to organize a **bullying prevention** social and educational events.



- **Read** about how other teens have gotten involved.



- **Work** with your school to contribute your views on bullying.



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What should you do if you think you're being bullied?

• \_\_\_\_\_  
\_\_\_\_\_



What should you do if you're being bulled online or via text message?

• \_\_\_\_\_

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