Teen Bullying Response Steps

Safety. Name. Power check. Document. Tell. Upstand. Digital. School. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Name what happened

Facts, not character attacks.

3. Power / repeat check

Imbalance or repeat?
Likely bullying.

4. Document

Dates, places, screenshots, witnesses.

5. Tell a trusted adult

Counselor, parent, coach, or hotline.

6. Upstand or self-care

Support target. Or protect your energy.

7. Digital stop-block-report

Stop, block, report.
Save evidence.

8. Follow school process

Use the real reporting path.

9. Log and bridge

Log practice. Bridge to safety tools.

Tip: conflict mediation is the wrong first tool for bullying. Protect first, then skill practice.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Bullying is not drama. Unwanted aggression + power imbalance + repeat (or potential to repeat).

Original layout by Lotus & Tulip, based on teen bullying response skill practice. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/bullying-activities-for-teens.html

My Bullying Plan

Name it. Check power. Document. Tell. Digital. School. Self-care.

Name: _____ **Date:** _____

What happened (facts in one or two sentences):

_____

Where / when: _____ Online / in person / both: _____

Power imbalance or repeated? (circle) Yes / Maybe / No

_____

Evidence I can save (dates, places, screenshots, witnesses):

_____

_____

Trusted adult I will tell (name + how):

_____

_____

My next moves (circle what fits):

1. Document / save evidence 2. Tell adult 3. Stop-block-report
4. Follow school reporting path 5. Upstander support for a peer
6. Self-care / exit unsafe space 7. Safety plan if risk is high

Chosen plan + check-back time:

_____

I will NOT mediate alone with the person who bullies me:

_____

Original layout by Lotus & Tulip, based on teen bullying response skill practice. A practice tool, not therapy.

Bullying Practice Log

Seven days of document, tell, digital, and upstander moves.

Name: _____ **Date:** _____

Day / date	Scene / type	Move used	What happened	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Scene: _____ Adult I tell: _____

Safety · Name · Power check · Document · Tell · Upstand · Digital · School · Log

Do not mediate alone with the person who bullies you. Protect first.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

Original layout by Lotus & Tulip, based on teen bullying response skill practice. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/bullying-activities-for-teens.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Bullying Small Group Curriculum

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607974088 | instant digital download

See every page first: lotustulip.com/bullying-small-group-curriculum.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.