Is It Bullying?

Not every unkind moment is bullying, but every one deserves a response. Sort it out.

Name: _____ Date: _____

Bullying has 3 signs

It is bullying when all three are true.

1. **Unwanted and hurtful**
   Done to hurt, scare or leave someone out. The person does not want it.
2. **Power imbalance**
   One side has more power: bigger, older, more popular, more people, or a secret to use.
3. **Repeated**
   It keeps happening, or it is likely to happen again.

Rude, mean or bullying?

Rude = an accident or careless. Mean = on purpose, once. Bullying = all 3 signs.

1.	Someone bumps you in the hall and rushes off without saying sorry.	Rude	Mean	Bullying
2.	A classmate calls you a name once when they are angry after a game.	Rude	Mean	Bullying
3.	The same group has blocked you from their table at lunch every day this month.	Rude	Mean	Bullying
4.	A friend brags about their new shoes and talks over you.	Rude	Mean	Bullying
5.	An older student takes your snack on the bus most mornings and laughs.	Rude	Mean	Bullying
6.	Someone posts an embarrassing photo of you and keeps sharing it after you ask them to stop.	Rude	Mean	Bullying
7.	A classmate rolls their eyes at your answer in class one time.	Rude	Mean	Bullying
8.	Kids keep spreading a rumor about you and tell others not to sit with you.	Rude	Mean	Bullying
9.	Someone cuts in front of you in the lunch line.	Rude	Mean	Bullying

4 kinds of bullying

Circle any you have seen or felt.

Verbal	Social	Physical	Online
Names, teasing, threats	Leaving out, rumors	Hitting, taking things	Posts, texts, group chats

What to do

Rude: Let it go, or say calmly how it felt.

Mean: Say "Stop," walk away, and tell an adult if it happens again.

Bullying: Tell a trusted adult. If it does not stop, tell again or tell another adult.

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My Upstander Plan

A bystander watches. An upstander does something safe to help. Small moves count.

Name: _____ Date: _____

6 safe upstander moves

Tick the ones you could do. You never have to put yourself in danger.

- [ ] **Don't join in**
  No laughing, liking, sharing or watching for fun.
- [ ] **Be a friend after**
  "That wasn't okay. Want to walk with me?"
- [ ] **Get a trusted adult**
  Telling to get help is not tattling. Go together if you can.
- [ ] **Redirect**
  "Hey, come play with us" or "The bell rang, let's go."
- [ ] **Speak up if it's safe**
  "Stop. That's not cool." Short, calm, then walk away.
- [ ] **Report online bullying**
  Screenshot it, then report it on the app and tell an adult.

Practice it

At recess, two kids keep grabbing Noah's hat and tossing it over his head while others laugh. It happened yesterday too.

Which signs of bullying do you see? _____

One safe move I could make right then: _____

One thing I could do or say after: _____

The adult I would tell: _____

My upstander promise

When I see bullying, my go to move is: _____

The words I will use: _____

My trusted adults at school: _____

A time I helped, or wish I had: _____

Next time I will: _____

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My Report and Support Plan

Writing it down makes it easier to tell an adult, and helps them act. It is not your fault.

Name: _____ **Date:** _____

What happened

Who was involved: _____

What they did or said: _____

Where (class, bus, online...): _____

When (day and time): _____

Who saw it: _____

Has it happened before? ☐ No, first time ☐ Yes, a few times ☐ Yes, a lot

Online? I saved a screenshot ☐ **I blocked or reported it** ☐

How it affected me

Circle all that fit.

Sad | Scared | Angry | Embarrassed

Lonely | Confused | Don't want to go to school | Hard to sleep

Stomachaches | Okay, but want it to stop

My support plan

Adults I will tell (at least 2): _____

Safe places and safe people at school: _____

Kind words I can tell myself: _____

Something that helps me feel better: _____

If it keeps happening, I will tell: _____

If you feel unsafe, tell an adult right away. If you ever think about hurting yourself, call or text 988 (Suicide and Crisis Lifeline, US) any time, day or night.

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