

Name: _____

Date: _____

HAVE YOU EVER HEARD THE PHRASE "IF YOU CAN'T SAY SOMETHING NICE, DON'T SAY ANYTHING AT ALL?"

Sometimes it's okay to ignore this advice. For example, if you're offering constructive criticism in a kind way, that's fine. But most of the time, it's pretty good advice.

THINK ABOUT THIS: How many times in the last few days have you received praise or a compliment from someone? Who said something nice to you, and how did it make you feel?

WHO COMPLIMENTED/PRAISED ME	WHAT THEY SAID	HOW I FELT
Parent/Guardian		
Teacher		
Friend		
Peer		
Sibling		
Other:		

NOW, THINK ABOUT THIS: How many times recently have you given praise or a compliment? How did you feel when you said something nice to and about someone else?

WHO COMPLIMENTED/PRAISED ME	WHAT THEY SAID	HOW I FELT
Parent/Guardian		
Teacher		
Friend		
Peer		
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Other:		



(continued)

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Most people would agree that it feels good to get a compliment or praise and also to say something that makes someone else feel good. But some people use certain situations as an opportunity to act like a bully. Look at the situations below and decide how the person being bullied might feel. Then, think about what you would say or do if the choice were up to YOU!

SITUATION	WHAT A BULLY SAID	POSSIBLE EFFECTS	POSSIBLE EFFECTS
Andy got a new haircut.	Is that a wig or did you run into the lawn mower again?		
Jennifer tripped and everything in her backpack went flying.	No wonder you didn't make the soccer team!		
Chris wore a bright purple shirt to school.	Did you borrow that from your dad or something?		
A new kid sat at the popular kids' lunch table.	Invitation only—move!		

What advice would you give the bullies?

