

Name: _____

Date: _____

CHECK OUT SOME OF THE THINGS YOU CAN SAY OR DO TO PROMOTE AN ANTI-BULLYING ENVIRONMENT.

- Smile at someone you don't know
- Offer a genuine compliment just to be nice
- Give sincere praise when you think someone's done something great
- Don't say something mean just because it crosses your mind
- Don't be sarcastic at someone else's expense
- Don't join the crowd when people are acting like bullies
- Speak up (politely) on your own behalf—or on someone else's
- Ask someone new to sit with you at lunch
- Make a new friend and introduce him/her to your other friends
- Don't talk about people behind their backs
- If you know someone's being bullied, talk to a trusted adult to get help
- If someone looks lonely, sad, or scared, ask what's wrong or if you can help
- Remember that people aren't always what they seem to be

What else can you do to prevent bullying or promote an environment that doesn't tolerate it?



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Now, jot down your typical Wednesday schedule. In it, find three places/times you could say or do something to promote an anti-bullying environment. Then, give it a shot—and see how it makes a difference!

| TIME | CLASS OR ACTIVITY | HOW YOU COULD PROMOTE AN ANTI-BULLYING ENVIRONMENT |
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