

WORKSHEET 2

MY BULLY-FREE REPORT CARD



By completing the report card you will be more prepared for a bullying situation.

NAME _____ TERM _____
SCHOOL _____ YEAR LEVEL _____

I try to: *(tick the box that best suits you)*

	Always	Sometimes	Not Often
Listen to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stand tall and look confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smile and have a positive outlook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourage and support others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Speak clearly when talking to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How many times did you choose 'always' from the questions above?
5 times - Wow! **3-4 times** - Great! **1-2 times** - May need some more practice.

Choose a made up physical, verbal or emotional bullying situation and answer the following questions:

What type of bullying?

What happened?

What can someone do to help the person being bullied?

Who can you talk to, to help the person being bullied?

What action can you do to help or control the situation?

Describe why you are 'better' than a bully?

