

Have you ever seen something like this happen on the playground?



Have you ever been this person?

Or this person?

Or this person?

BULLY BOYCOTT

Unfortunately people aren't always nice to each other, and mean people can sometimes be scary. It is your right to feel comfortable wherever you are, be it at home, on a playground, or at school. When someone bullies you, it is important to stand up to that person. Chat with some friends and come up with 2 things you could say to someone who is bullying you or someone else.

1. _____
2. _____

And now the hard part - standing up to the next bully you see. Any time you see someone being mean to someone else, tell that person that this treatment is unacceptable using the clever lines you came up with above. Use the table below to keep track of your courageous interactions and reflect on them.

| What did the bully do? | What did you do or say? | How nervous were you? | How did the bully react? |
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Did your nervous rating get greener? Did it become easier to stand up to bullies with more practice?
