

Bullying Worksheet

Tell someone that you are being bullied

Act Strong and Confident: Bullies only affect mild and meek people, who are afraid

Avoid the bullies:

Ignore the Bullies, don't feed their ego: Bullies enjoy showing power and control.

Respond Neutrally- Don't be emotional and react without thinking. Don't give them importance.

Remember it's not your, they are at fault. Give yourself positive affirmations.