

Activity 1

Noticing Bullying!

Activity 1.1.

This is Buzz. He's trying to find answers to some thoughts he's having. Can you help Buzz to understand what bullying means?

1) I am bullied when I

.....

others to be mean to me.

2) I am bullied when other people make me feel

.....

3) can be mean to me.



4) I am bullied when someone is mean to me

5) Bullying is when someone is mean to me

Complete each sentence with one (or more) terms of the following:

- » Bad
- » My Classmates
- » Want
- » Many Times
- » Nice

- » Don't Want
- » On Purpose
- » Only One Classmate
- » Not On Purpose
- » Only Once Or Twice

*You do not need to use all the terms provided

Activity 1.2

Some of the other kids were being really mean to Buzz in different ways.

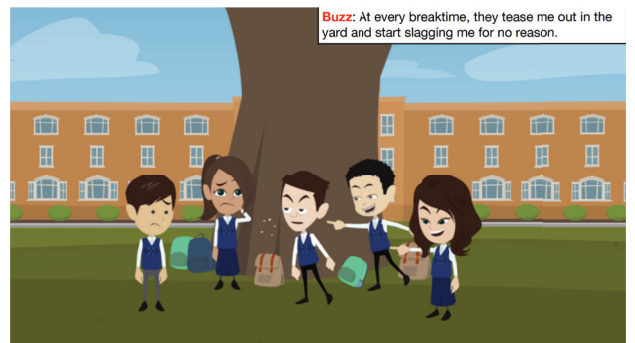
Below are some pictures from the video that show the different ways that the kids were mean to Buzz.

Write down in the space provided the different ways the kids were mean to Buzz; and ask for help from your teacher if you think you need it!

Picture 1



Picture 2



Picture 3



Picture 4



At Home Activity Sheet

Noticing Bullying!

With Bullying, we learn to spot the signs when people are bullying others. But it's also important to look at our own behaviour to see if we have similar characteristics with bullying behaviour!

Remember the behaviour of the kids in the video who were bullying Buzz? They were acting *bossy*; *being really mean*; and found it *very tough to behave themselves*.

Now think about yourself, and see if you share any similarities with these kids. Circle the word - or put a tick beside it! - that you feel is best suited to you. Ask your parent(s)/guardian(s) for help with this, and be as truthful as you can!

I can be really bossy:

Sometimes
Never
Often
All the Time

I can be really mean to other kids:

Sometimes
Never
Often
All the Time

I find it very tough to behave:

Sometimes
Never
Often
All the Time

I can get mad very easily:

Sometimes
Never
Often
All the Time

I send other kids really mean texts and act mean to them online:

Sometimes
Never
Often
All the Time

I make fun of other kids:

Sometimes
Never
Often
All the Time

I shove/push/punch other kids:

Sometimes
Never
Often
All the Time

Thanks for answering!

If you have answered mostly 'Never' then the good news is you don't have any bullying behaviours.

If you answered mostly 'Often' or 'All the Time' then please don't worry! Bullying is a **Learned Behaviour** - this means that nobody is born a bully; and if we learn how to bully others, we can

just as easily learn how not to!

Talk to an adult that you trust about this if it is something that bothers you, and tell them that you want to change this behaviour. If you work with your parent(s)/guardian(s) or a teacher, they can help you resolve this - it really is something that can be easily solved!