

Spot It!

Do You Bully?

Bullying is teasing, upsetting, and threatening other people. It also is kicking, hitting, pushing, gossiping, and lots of other things that hurt kids on purpose.

Do you do any of those things?

Take a look into Shannon's Magical Mirror to see if you might be bullying!

Shannon's Magical Mirror

	Yes	No
1. Do you try to hurt other kids on purpose?		
2. Do you tease other kids about how they look or act?		
3. Are other kids afraid of you?		
4. Do you hit, threaten, or leave kids out on purpose?		
5. Do you hurt or tease kids mostly when adults are not around?		
6. Do you take or ruin other kids' stuff?		
7. Do you blame other people for your problems?		
8. Do you think that some people deserve to be bullied?		
9. Do you enjoy it when you upset other kids?		
10. Do you say mean things about others—in person or by cell phone or the Internet?		

Shannon, Brad, Matt, and other kids who bully answer "yes" to lots of these questions. The more times you answered "yes," the more likely it is you are bullying.

Shannon's Secret Suggestions

Do NOT tell anyone I told you this! I actually answered "yes" to some of these questions! Can you believe it?

Mrs. Bridge told us that kids who bully could stop. I might try some of these ideas.

- Write in a journal to figure out different ways to deal with feelings.
- Talk to my mom or dad.
- Think about how kids feel when I pick on them.