

Bullying Prevention 101:

Elementary School Resource Handout

Are You A Target?

Read each of the following questions and check the box next to anything that you may have experienced or felt. These items apply to what happens at school and online such as text messages, gaming, or social media posts.

An interactive version is available at <https://www.pacerkidsagainstbullying.org/are-you-a-target/>

<input type="checkbox"/> Are you called mean names by other kids?	<input type="checkbox"/> Has anyone ever started a rumor about you?
<input type="checkbox"/> Do other kids ever hit, kick, push, or punch you?	<input type="checkbox"/> Have other kids ever laughed when someone hurt you?
<input type="checkbox"/> Do kids leave you out of groups on purpose?	<input type="checkbox"/> Has anyone ever sent you mean messages?
<input type="checkbox"/> Have you not wanted to go to school or ride the bus because you were afraid of another kid?	<input type="checkbox"/> Have you ever tried to stop someone from hurting or harming you, but they won't stop it?
<input type="checkbox"/> Has anyone ever made you do something that you didn't want to do?	<input type="checkbox"/> Has anyone ever made fun of you for not doing something as well as other kids?
<input type="checkbox"/> Has anyone ever destroyed your belongings?	<input type="checkbox"/> Do others make fun of how you look or act?
<input type="checkbox"/> Has anyone ever made fun of you for being really good at something?	<input type="checkbox"/> Do other kids ever mock or mimic the way you talk, act, or look?
<input type="checkbox"/> Is it hard for you to make friends?	<input type="checkbox"/> Are you sometimes afraid to go to school?
<input type="checkbox"/> Do other kids often tell you that they don't want to play with you?	<input type="checkbox"/> Do you often feel nervous, anxious, or worried about how other kids act toward you?

The more boxes you checked, the more likely it is you are being bullied.

To learn more, read these tips below, then check out some great ideas on how to get bullying to stop.

- **Plan what you can do.** Know that you are not alone, that there are people who care and will help you.
- **Tell an adult.** Include your parents, teacher, or other grown up you trust. Don't be silent, or think you need to fix bullying on your own. Telling is important, and is NOT tattling.
- **Put bullying in its place!** You have rights; the right to tell someone, the right to feel safe and the right to stop the bullying.