ACTIVITY 1: DEFINE
OUTLINE THE CHALLENGE

What is one thing everyone should know about bullying? In a group or on your own, write or draw a response.

Why is it important for students to take on bullying? In a group or on your own, write or draw a response.
SHARE YOUR OPINION

ACTIVITY 2: EVALUATE

What’s your take on bullying? Answer the questions based on what you see at your school —or anywhere you are taking the survey— such as with your club, team, or group.

1. What are some reasons that kids bully? They: (Check all that apply.)
   - □ Want to feel in power and have control
   - □ Have been bullied
   - □ Feel pressured by peers/want to fit in
   - □ Think it’s funny
   - □ Don’t realize how much it’s hurting someone
   - □ Think it makes them look cool
   - □ Like getting a reaction
   - □ Other ________________________________

2. Does bullying happen more between:
   - □ One target and one person bullying
   - □ One target and a group of kids bullying
   - □ Between groups of kids

3. Does bullying happen more often between youth who:
   - □ Know each other a lot, such as a friend or classmate
   - □ Know each other a little bit
   - □ Don’t know each other at all

4. Does bullying happen more often:
   - □ In front of adults
   - □ When adults aren’t around

5. Are some kids bullied because of their differences in appearance or behavior? Such as their: (Check all that apply.)
   - □ Disability (such as using a wheelchair or having ADHD)
   - □ Religion
   - □ Race
   - □ Language
   - □ Skin color
   - □ Height or weight
   - □ Nationality
   - □ Gender expression
   - □ Other ________________________________

6. Which places do you think bullying happens most often? (Check all that apply.)
   - □ Bus stop or on the bus
   - □ Lunchroom
   - □ Bathroom
   - □ Classroom
   - □ During Recess
   - □ Hallway
   - □ Locker Room
   - □ Online gaming
   - □ Online, social media
   - □ When playing sports or games
   - □ Other ________________________________
7. What is the most common reason kids don’t tell an adult about bullying?
- Don’t think it will change anything
- Think they will be labeled as a tattletale
- Want to handle it on their own
- Don’t have an adult they feel they can trust
- Other

8. Why is it important to speak up to stop bullying? (Check all that apply.)
- Speaking up can help stop bullying before it starts
- Bullying at school makes it harder for everyone to learn
- If you were being bullied, you’d want someone to speak up for you
- Bullying makes kids feel hurt and alone
- It’s the right thing to do
- Other

9. What are the most helpful actions students can take to help stop bullying? (Check all that apply.)
- Encourage them to seek help from a parent or teacher
- Let them know that they are not alone
- Invite them to spend time with you
- Tell them that they don’t deserve it
- Other

10. Do you think bullying is usually more physical or emotional?
- Physical: Such as hitting, pushing, destroying belongings
- Emotional: Such as leaving people out, gossip, name calling, saying mean things (online and in-person)

11. When you see bullying how does it make you feel? (Check all that apply.)
- Sad
- Scared
- Angry
- Disappointed
- Frustrated
- Confused
- Other

12. What are the most helpful actions adults can take to help stop bullying? (Check all that apply.)
- Talk with kids about what to do if they see bullying or are being bullied
- Speak up about bullying to show that they care
- Encourage kids to watch out for each other
- Set bullying prevention rules for everyone
- Have consequences for those that bully
- Be supportive of anyone who has been or is experiencing bullying
ACTIVITY 3: IDENTIFY

DETERMINE WHAT TO TAKE ON

What bothers you most about bullying? For example, where it happens, why it happens, how it happens, or who gets bullied. Write or draw responses.

How do you want to take on bullying? For example, help prevent it through encouraging acts of kindness or inclusion; address a specific problem such as protecting a group that is targeted by bullying; preventing bullying at a certain location, or addressing cyberbullying. Write or draw responses.
Using the bullying ideas you’ve identified, what are ways to take on bullying? Start by filling in the middle box with the bullying issue(s) you want to address, then come up with different ways to take it on. For example, start a diversity club, create a kindness campaign, offer a bystander training program.
EXPLORE THE IMPACT

ACTIVITY 5: ANALYZE

Select one idea you’d like to further explore the impact. Use this page as many times as you need to assess the “best” idea. How will the idea help? Evaluate using the questions below. In a group or on your own, write responses.

BRIEF OUTLINE OF IDEA

How will it help other students at your school?
______________________________________________________________________________________
______________________________________________________________________________________

Who would need to help?
______________________________________________________________________________________
______________________________________________________________________________________

How much would it cost?
______________________________________________________________________________________
______________________________________________________________________________________

How long will it take to develop?
______________________________________________________________________________________
______________________________________________________________________________________

Could it continue from year to year?
______________________________________________________________________________________
______________________________________________________________________________________

Other aspects to consider?
______________________________________________________________________________________
______________________________________________________________________________________
ACTIVITY 6: CHOOSE
MAKE A DECISION

What idea will you take on? In a group or on your own, write or draw responses.

DECIDE THE TITLE OF THE AMAZING IDEA.

DESCRIBE THE AMAZING IDEA.

SHARE HOW THE AMAZING IDEA WILL HELP YOUR SCHOOL AND STUDENTS.