

Help Me

A song by Dat Stern

Discussion questions

- 1) The lyrics of the song represent the feelings of the person being bullied. What are some of the specific lyrics that stand out or that are meaningful to you?
- 2) What are different ways students can bully?
- 3) The name of the song is “Help Me.” Why do you think it is important to ask for help when being bullied? What are some reasons that can make it hard to ask for help?
- 4) *“I try to seek help from the world outside but it’s terrifying. People always laugh at me...why won’t they just leave me be? It’s obvious nobody really seems to care.”*
Many students do not want to tell anyone when they are experiencing bullying. Discuss the lyrics from the song and how the feelings portrayed impact whether students talk with someone about being bullied.
- 5) The theme of this song is about students asking for help; however, what is the underlying message for adults who are seeing this video?
- 6) *“It used to be a nightmare, now this nightmare is reality. If I’m not guilty of this charge then why are you mistreating me? Every time I go online I get attacked. I just wish someone would have my back.”*
How can students support another student being bullied online?
- 7) What is the emotional impact of being bullied?
- 8) If you were to witness someone being bullied, would you help? What are some ideas for handling bullying situations?

Discussion questions developed by Dat Stern and PACER's National Bullying Prevention Center.