



# Couragetales

# 5 TIPS TO STOP BULLYING WORKSHEET

Answer the questions below

Is it good to be kind? (Why?)

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Should you be kind to others? (Why?)

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Should you only be kind to your family? (Why?)

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Do you want schoolmates to like you? (Why?)

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Are kids in school nice to you?

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What is bullying?

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# 5 TIPS TO STOP BULLYING WORKSHEET

What would you  
do if you see  
your friend  
being bullied?

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# 5 TIPS TO STOP BULLYING WORKSHEET

What would you  
do if you were  
being bullied?



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# 5 TIPS TO STOP BULLYING WORKSHEET

**HOW DOES BEING  
BULLIED MAKE YOU  
FEEL?**

**HOW DOES SEEING YOUR  
FRIEND BEING BULLIED  
MAKE YOU FEEL?**

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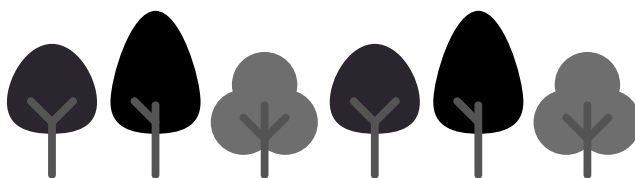
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# TAKEAWAY



## 5 tips on how to stop bullying

1

**Make friends:** Having friends makes you stronger, and bullies usually leave groups of friends alone.

2

**Use strong words:** Talk with your family about the strong words you can use to stop the bully.

3

**Talk to the adults:** The bullies might try to scare you but you have to tell your parents and teachers about it.

4

**Call the anti-bullying hotline:** There are a lot of resources available to protect you and your friends.

5

**Learn self-defense techniques to boost your confidence:** Don't forget to only use this to protect yourself and your friends.