



Name: _____

Being a bystander to bullying can feel very uncomfortable. You may experience a lot of different feelings. Think about a time you saw or knew about someone else being bullied and how it made you feel. If you've never seen or known about someone being bullied, imagine a scenario where you are watching someone being bullied, and think about how you would feel.

Write down your feelings. Then tell an adult family member about what happened or the scenario you imagined, and tell what you did or could have done to help stop the bullying.

What happened?

How did you feel?

What did you do or what could you have done to help stop the bullying?

Refuse: _____

Report: _____

With your adult, write down one thing you can do if you see someone being bullied in the future. It takes courage to help stop bullying!

Bystander feelings:

- Sad
- Angry
- Relieved
- Interested

What are some other things you might feel if you were a bystander to bullying?

- _____
- _____
- _____

This homework assignment was completed on _____	_____
(DATE)	(ADULT SIGNATURE)