



**Follow YOUR
Compass!**

LESSON 1 WORKSHEET

1) Who are the “secret weapons” to help you curb bullying? Circle the best choices:

Your Friends Your Teachers Your Dog The Principal A Sword Mom/Dad A Cannon
Grandparents A Police Officer A Fist School Staff (Custodian, Lunch-Room Staff)

2) Multiple choice: Which are the four “Golden Words” we discuss to help guide you through life?

- A) Honesty, Happiness, Hard Work, Generosity
- B) Humility, Humbleness, Empathy, Caution
- C) Strength, Concentration, Aggression, Power
- D) Responsibility, Respect, Compassion, Courage
- E) None of the Above

3) “Golden Words”— Draw a line to connect the Golden Word with its meaning:

Respect	An obligation or duty to behave correctly towards other people.
Responsibility	Accepting the feelings, wishes, belongings, rights and traditions of other people
Compassion	Overcoming your own fears to help others; in need strength in the face of pain
Courage	Having concern or sympathy for other peoples’ suffering or misfortune

4) Multiple choice: Where does bullying happen mostly?

- A) In the Library
- B) In the Hallways
- C) On the playground
- D) In the Classroom
- F) All of the Above

5) True or False: What are some of the reasons some children bully? (Circle either ‘T’ or ‘F’)

The bully feels happy	T or F
The bully may have been bullied too	T or F
The bully feels powerless and ‘small’	T or F
The bully is full from eating too much	T or F
The bully may have a very tense or violent homelife	T or F



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LESSON 2 WORKSHEET

1) Multiple Choice: What are the two main types, or categories of bullying?

- A) School and Home Bullying
- B) Hard and Soft Bullying
- C) Social and Physical Bullying
- D) Left and Right Bullying

2) Draw a line to connect the 'Main Type' or 'Category' with the different sorts of Bullying Behavior:

Main Type or Category:

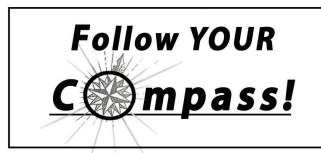
Social Bullying

Physical Bullying

Sorts of Bullying Behavior:

**Pinching
Stealing
Name Calling
Hair Pulling
Rumors
Peer Pressure
Intimidation
Cyber-bullying
Pushing
Kicking
Tripping
Hitting**

3) Draw a picture on the theme "Laughing At Someone Or Laughing With Someone?"



LESSON 3 WORKSHEET

1) Multiple Choice: If you fight back and physically hurt the bully, what does this make you?

- A) A Hero
- B) The Class Leader
- C) A Bully
- D) The Teachers Assistant
- E) None of the above

2) Who can you report harassment to? Circle the best answers:

A Teacher A Parent A Parrot Principal Janitor A Shark Lunchroom Staff The President
A Police Officer A Telephone/Cable worker A Mail Carrier An Astronaut

3) “How to take power away from a bully?” Connect the helpful strategies with the type of bullying:

SOCIAL BULLYING:

Walk away

Make it a joke about a lie

Confront bully as a group and say “Stop!”

Make a new crew of friends.

Have your own playdate.

PHYSICAL BULLYING:

Create a Homework Club.

Have your own Pizza-Pirate-Dance-Party.

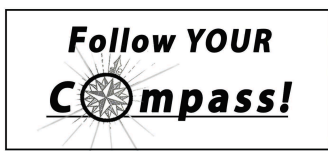
Cyber Bullying: Delete it, Erase it. Ignore it. Don’t Share it.

Don’t be Alone. Stay in a group when possible.

Report it!

4) Multiple choice: What to expect when you report bullying to a trusted adult?

- A) They will listen to me.
- B) They will react in a calm way
- C) They will respond to my fears with action.
- D) They will help me.
- E) None of the above
- F) All of the above



MORE SPACE FOR DRAWING