

# High School Safe Environment “Bullying”

Resources and Assessment Materials

# Bullying

Intentional, aggressive behavior repeated over time that involves unequal power, and causes injury or leaves the victim feeling fearful, hurt, distraught or isolated.

Bullying behavior may include physical contact, verbal assault, social shunning, obscene gestures or other aggressive attacks.

Name \_\_\_\_\_

## **Bullying Action Plan**

Take time to reflect on bullying. What steps would you take to combat bullying in your community?

1. In your own words, what does bullying mean to you?

2. Have you ever personally been bullied? What was the experience like?

3. What can you do as a high school student to stop bullying in your school?

4. A friend comes to you and says she is being bullied on Facebook. What do you do?

Name \_\_\_\_\_

## Bullying Scenarios

For the bullying scenario below, write about how you, as a high school student, would combat the bullying.

Rumors started to be spread about you through Facebook. A group of kids in your class thought it would be funny to make up a story about you to humiliate you. The kids you used to hang out with at recess now don't want to spend time with you or speak to you because they think the rumors are true.

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A group of girls were fighting with one of their friends, Liz. They created a "Rate Liz" group on a social networking site. They posted embarrassing photos of Liz from middle school and high school and invited their hundreds of "friends" to join the group to look at photos, and tell Liz how she stacked up. Cruel and crude comments were posted. One message said that some girls were planning to beat up Nicole.

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