

ACT WISELY

Practice your bully-proof plan!

Materials: Worksheets, bullying situations cards, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

What is a bully? A bully is someone who uses their size and their power to make other people feel weak and afraid.

What are some of the things you can do when you're bullied? What kind of bully-proof plan can you make when someone uses bullying behavior?

Bully-proof plans could include things like use your best judgment, trust your instincts, refuse to believe what a bully says about you, be confident, use your sense of humor or tell an adult.

Let's practice our bully-proof plan by acting out skits. Get with a partner or divide into small groups. We will pass out one situation card per set of partners or group.

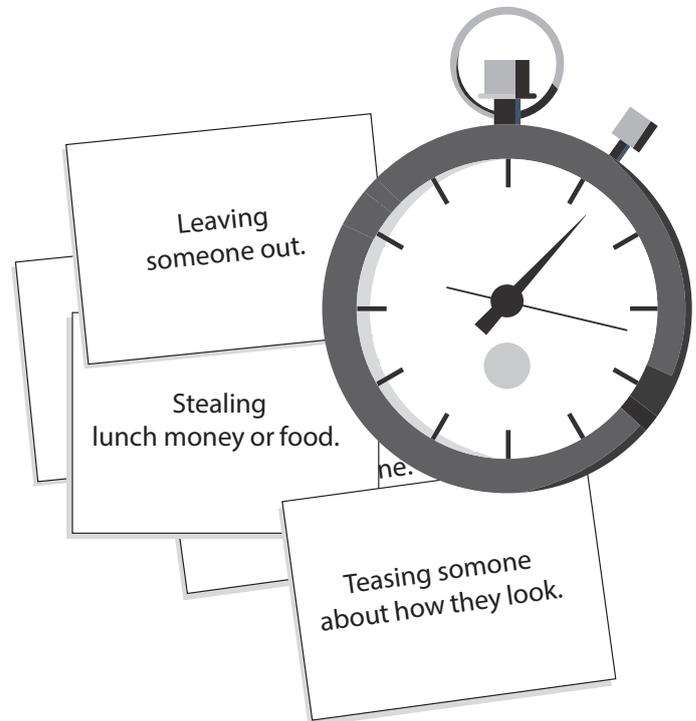
Read your situation card. As a team or group, decide how to handle the bullying situation and create a plan. You will act out the bully behavior and your plan to handle the situation.

Everyone has 5 minutes to practice. Your 5 minutes starts now.

(Set the timer for 5 minutes.)

PRACTICE TOGETHER!

OK, practice time is up. Now, we'll take turns acting out our skits for real. After each skit, we'll discuss your bully-proof plans and decide why they worked or didn't work.





**Putting
a "Kick Me" sign
on someone's back.**

**Leaving
someone out.**

**Calling someone
a bad name.**

**Telling someone
they're worthless.**

**Threatening
to hurt someone.**

**Acting tough
and picking a fight.**

**Laughing
when someone
makes a mistake.**

**Stealing
lunch money or food.**

**Gossiping
about someone.**

**Teasing someone
about how they look.**

**Writing mean things
about someone.**

**Taking someone's
stuff and refusing
to give it back.**