

ROCK STAR

I'm proud to be me!

Materials: Worksheets, name templates, pencils, crayons

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

Has a bully ever called you a name?
Something mean and ugly, meant to hurt you?

How can you respond to a bully who calls you
a name?

Use your real name!

That's right. Your name represents who you are — your strength and intelligence and kindness.

Today, we're going to use our names to help stop bullying behavior.

By using our names and our brains to stop bullying behavior, we show bullies we're strong and proud to be ourselves. Let's say it together as a Group:
"I'm proud to be ME!"

ACTIVITY INSTRUCTIONS

- 1 On the name template, write each letter of your name on the left side vertically, starting with the first letter. Color each letter of your name a different color.
- 2 Starting with the first letter of your name, write a way you can stop bullying behavior on the line next to it.

For example, if your name is Sue, the first letter on the left side you wrote down was " S." Next to the " S," you could write, " Stand up and face the bully." Use the sample on the worksheet to help guide you.
- 3 When everyone is finished, we'll share our ways to stop bullying behavior.



Say something funny.



Act strong even if
you're scared or sad inside.



Move away when a
bully approaches you.



LETTERS IN MY NAME	HOW I CAN STOP BULLYING BEHAVIOR
F	Find a friend to help you.