

**BULLY DEFINITION**

# Learning more about bullying behavior

**Materials:** Worksheets, bully definition templates, pencils, chalkboard or whiteboard

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

Bullies don't look and act the same.

Some smile and behave nicely; others mope around and act angry. Some make good grades; others barely pass. Some excel at sports; others are clumsy.

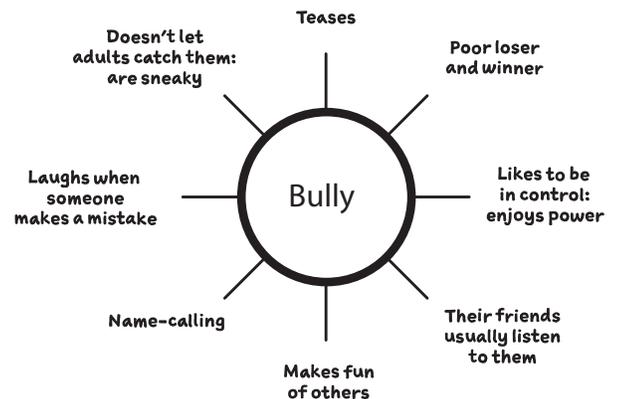
## Could you be a bully and not even realize it?

We're going to read some questions about behavior. As you listen, think about each behavior and ask yourself, "Do I sometimes act that way?"

- Do you always want to get your way?
- Do you like to be in control?
- Do you brag after you win?
- Do you just think about your feelings and not others?
- Do your friends do what you tell them to do?
- Do you keep teasing after someone asks you to stop?
- Do you think people who look different deserve to be picked on?
- Do you break the rules because you don't like to obey?
- Do you blame others when things go wrong?

If you can answer "yes" to some of the questions, you've probably acted like a bully at times.

Today, we're going to learn more about bullying behaviors and create a bully definition.



### ACTIVITY INSTRUCTIONS

**1** Think about the questions at the top of the bully definition template. Write your answers at the end of the lines fanning out from the word "Bully." Use the sample drawing to help guide you.

You'll have 6 minutes to complete your bully definition.

(Set the timer for 6 minutes.)

**2** When the timer sounds, let's share what we wrote on our templates. We'll write all the definitions on the board and create a Group definition of a bully.

By doing so, we'll all have a better understanding of what bullying behavior looks like.



**MY BULLY DEFINITION**

**What is a bully? What does a bully look like? How does a bully act?**

