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## 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:

<b>Respect</b>	An obligation or duty to behave correctly towards other people.
<b>Responsibility</b>	Accepting the feelings, wishes, belongings, rights and traditions of other people
<b>Compassion</b>	Overcoming your own fears to help others; in need strength in the face of pain
<b>Courage</b>	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



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