

Name _____

Date _____

Civics 4 Kids!

Bullying



Bullying is a mean, cruel, and hurtful act. It involves using negative actions and behaviour to harm others. Bullying is the behaviour that causes the person being bullied to feel afraid or uncomfortable.

People can bully each other in lots of ways, even if they don't know they're doing it.

Some examples of bullying include:

- punching, shoving and other acts that hurt people's bodies
- making mean and hurtful comments about others
- making up things about others that are not true
- leaving someone out on purpose
- teasing people in a mean way
- getting people to “gang up” on others
- laughing at someone or making fun of them



Tips to Stop Bullying:

- When someone is unkind to you, don't be mean back. Instead, stand up for yourself and tell them to stop.
- If something bad happens, tell a teacher or an adult you trust. They will know what to do to make things better.
- If you see something happening but you are not part of it, try not to make it worse by laughing or cheering.
- If you ever act mean to someone, think about how you would feel if someone treated you or your friends that way.



Bullying can happen anywhere, at any time. Read the scenarios below and find out if it's a bullying situation.

Scenario 1:

A group of students are calling the new kid names and tripping him in the hallways.

Bullying | Not Bullying

Scenario 2:

Chris has a birthday party and invites all of his friends except for you.

Bullying | Not Bullying

Discussion Points:

- If I see that someone is being bullied, I should...

- If I am being bullied, I should...



Answer Key



Bullying

It is okay if the child does not know the answers, and you can help them by talking through the answers below.

Situation 1: Bullying

A group of students are calling the new kid names and tripping him in the hallways.

Yes, this is bullying. Bullying is a mean, cruel, and hurtful act. It involves using negative comments, actions, and behaviour to harm others. Some examples include tripping, punching, shoving, and other acts that hurt people.

Situation 2: Not Bullying

Chris has a birthday party and invites all of his friends except for you.

This is not an example of bullying. If Chris tells you he didn't invite you because he wants to make you sad, or gets other students to laugh at you for not being invited, that would be considered bullying.

Discussion Points:

If I see that someone is being bullied, I should...

Answers will vary but may include stopping the bullying, reporting or telling a teacher or an adult, avoiding laughing or cheering.

If I am being bullied, I should...

Answers will vary but may include standing up for yourself without being mean back. Report the incident to the school or a teacher (if it happened at school) or tell a trusted adult.