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What Can You Do?

Directions: Read the articles in this month's special section on bullying. Then respond to each situation below. Suggest how you would try to help stop the bullying, get help, or keep an incident from getting worse.

1. Alyssa has been starting rumors about Becky, saying that Becky wants to take Carla's boyfriend. Carla is so mad that she's started a Facebook page bashing Becky. You and the rest of your classmates just found out about the page, and people are starting to write hurtful comments on it. You're friendly with all three girls, but you're not close friends with any of them. What can you do?

2. Dave, a middle school student, thinks he is in charge of his school bus. He loves bossing the younger kids around and telling them where they can sit and where they can't sit. He's even threatened a few kids physically. Your younger cousin rides that bus and told you about the situation. What can you do?

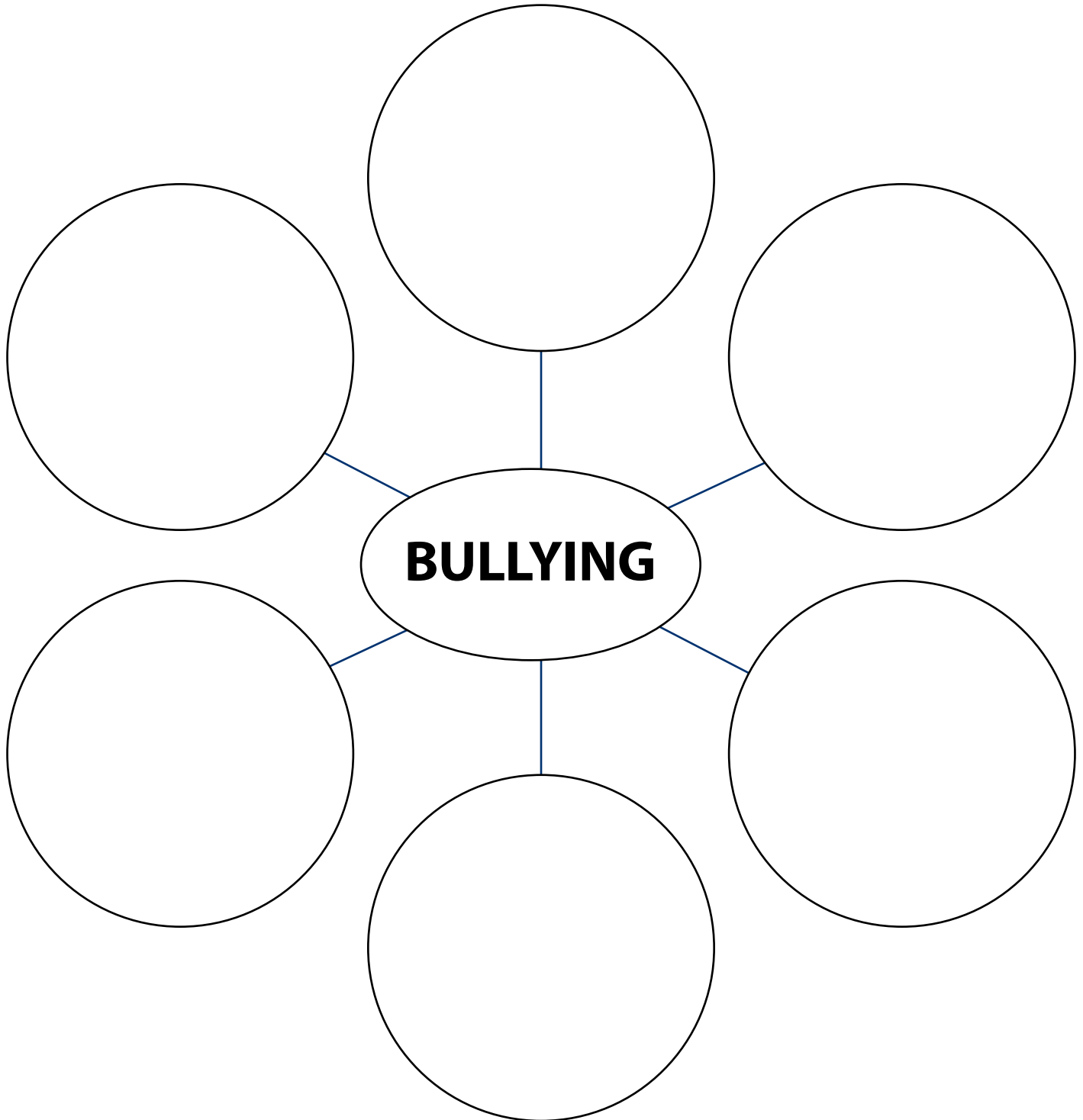
3. You see your friend Erica coming out of the school bathroom crying. Not far behind her, two other girls—Farrah and Glynna—come out, and they are laughing. They have a reputation for bullying others, and you are worried that's what they were doing to Erica. What can you do?

4. Horace is new to school, and he has been taunted and teased since day one. He sits next to you in afternoon study hall, and you've become friendly with him. He mentioned yesterday that he is so sick of the bullying that he hasn't been eating or sleeping. Study hall has started, and today he has his head on his desk—it looks as if he is having another bad day. What can you do?

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Feelings About Bullying

Directions: In the circles, write some emotions and ideas that you associate with bullying. Provide examples and scenarios. Use your word web to create essays, posters, and other materials about bullying.



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Your Mind: Cool to Be Kind

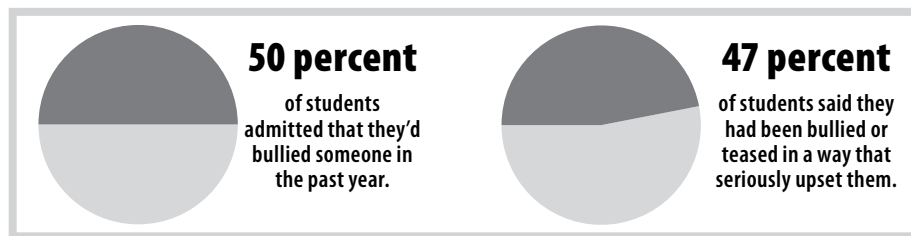
Part 1

Directions: Read the article “Cool to Be Kind” (p. 18). Then answer the questions and complete the statements below.

- Empathy is a feeling
 - of being mad when someone is bullying another person.
 - of understanding another person’s thoughts and emotions.
 - of not understanding someone but feeling sorry for him or her anyway.
 - you get when you volunteer at a nursing home or a hospital.
- True or false: Empathy is a trait that you are born with; it can’t be learned.
 - true
 - false
- What can you conclude about schools where students and teachers have high levels of empathy?
 - They have more bullying than other schools.
 - They have less bullying than other schools.
 - They have the same amount of bullying as all other schools.

Part 2

Directions: The chart reflects bullying statistics from several schools. Use it to answer the questions below.



- What are two conclusions you can draw from the data?
 - _____
 - _____
- Now imagine that the data in those two charts are the results of a survey of all the students at your school. How might you use the data to convince school officials that bullying is a problem? What solutions might you offer as ideas for the school to consider?

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Your Body: A Matter of Inches

Directions: Read the article “A Matter of Inches” (p. 6). Then answer the questions and complete the statements below.

1. In the United States, adult men average
A. 5 feet 10 inches. B. 6 feet 3 inches. C. 5 feet 5 inches.
2. Adult women in the United States average
A. 5 feet 2 inches. B. 5 feet 10 inches. C. 5 feet 4 inches.
3. One factor that can determine your height is your
A. parents’ height. B. blood type. C. country of origin.
4. A short kid will definitely be a short adult.
A. true B. false
5. A food allergy may be to blame for a height condition.
A. true B. false
6. Kids who are worried about their height should see their
A. optometrist. B. dentist. C. pediatrician.
7. Based on information in the article, what is the most likely reason that Ethan C. is tall?

8. Ethan advises that a person should be happy no matter how tall he or she is.
What are your feelings about that statement?

9. Sultan Kösen would have kept growing if
A. he had gone to a pediatrician.
B. he had taken his vitamins.
C. he hadn’t had surgery on his pituitary gland.
10. The Jordan siblings were born with
A. food allergies. B. primordial dwarfism. C. toddler syndrome.

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Your Relationships: Don't Just Stand There!

Directions: Read the article “Don't Just Stand There!” (p. 10). Then indicate whether each statement below is true or false.

1. If you have an argument with a friend, that is considered bullying.
A. true **B.** false

2. Bad behavior is always considered bullying.
A. true **B.** false

3. Bullying can make a person sick.
A. true **B.** false

4. According to a pamphlet published by the Department of Justice, a bully must commit a harmful act and be older than the victim.
A. true **B.** false

5. Bullying acts usually include a victim, a ringleader, assistant bullies, reinforcers, bystanders, and defenders.
A. true **B.** false

6. Most kids are bystanders in a bullying situation.
A. true **B.** false

7. Bystanders often know what to do around bullies but don't want to take action.
A. true **B.** false

8. When bystanders don't take action, the situation often gets worse.
A. true **B.** false

9. Bullies feed on fear.
A. true **B.** false

10. One way to fight bullying is sticking up for a victim.
A. true **B.** false

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Your Choices: Blocking Out Bullies

Directions: Read the article “Blocking Out Bullies” (p. 14). Then complete the statements below.

- A little more than half of students report seeing bullying at least
 - daily.
 - monthly.
 - once a week.
- Kids who have been bullied may experience
 - worry.
 - depression.
 - low self-esteem.
 - all of these
- Being bullied often makes a person feel
 - stronger.
 - powerless.
 - younger.
 - all of these
- If a group of kids is spreading false rumors about you, it is a good idea to
 - ignore them.
 - punch the bullies.
 - spread rumors about the bullies.
- When kids exclude someone from their activities, the victim should
 - get used to being a loner.
 - pursue enjoyable clubs and activities.
 - become a bully.
- By standing up to a bully, a kid can feel
 - empowered.
 - smaller.
 - more alone.
- It is important to _____ when a bully physically attacks.
 - get a group together
 - get adult help
 - get violent
- Treating others the way you want to be treated is
 - a good rule to live by.
 - an old cliché.
 - not important.
- Bullies sometimes _____ if others stick up for the victim.
 - get madder
 - act scared
 - back off
- Victims of bullies can feel better by
 - expressing their feelings.
 - leaving town.
 - holding in their feelings.