

# What Can I Do If I'm Bullied?

## Overview:

Many children who are targeted by bullies do not know what to do in that situation. Helping them think about the strategies they can use to handle a bully can lessen the impact if bullying occurs. This lesson is also the basis for a larger discussion about bullying and how students can take responsibility for themselves in these situations. By presenting them with a range of choices, they can consider which solutions best match their abilities. This will help them make responsible choices about their safety and that of their classmates.

## Materials:

- Print out the *What Can I Do If I'm Bullied?* worksheet for class.

## Handouts:

- *What Can I Do If I Am Bullied?*

## Procedure:

1. After passing out the *What Can I Do If I'm Bullied?* worksheet have students cut out the boxes with the phrases at the bottom of the page.
2. Students should then match the phrase with the picture that best describes it.
3. Discuss the following and write the answers on the board:
  - Which option would each student chose?
  - Why does that seem like the best choice?
  - Does everybody have to make the same choice?
  - What makes a choice better for one person than another?
  - What makes it hard to act in these instances?
  - What would make it easier?
  - What do all of these solutions have in common?  
(They are calm and do not repeat the behavior.)
  - What other solutions can students think of if they are being bullied?
  - What could a bystander do in each of these situations?
  - Who would be the best adult to ask for help (as in picture 4)?

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This lesson was created by the Curriculum Department at the Josephson Institute. Lessons like this are a regular feature in [the Character Educator Blog](#).

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## McREL standards

Thinking and Reasoning

**Standard 6.** Applies decision-making techniques

**Level I [Grade K-2]**

**Benchmark 1.** Makes and defends decisions about daily activities (e.g., what books to read)

### Knowledge/skill statements

1. Makes decisions about daily activities
2. Defends decisions about daily activities

McREL <http://www.mcrel.org/compendium/browse.asp>

Handout: [http://charactercounts.org/pdf/lesson-plan-bank\\_handouts/Bullying\\_WhatCanIDoIfIAmBullied.pdf](http://charactercounts.org/pdf/lesson-plan-bank_handouts/Bullying_WhatCanIDoIfIAmBullied.pdf)