

**DARE Student**

**Worksheets**

## **What is bullying?**

Bullying is when someone uses his or her strength or “power” to control someone else. Sometimes this happens when someone hurts or scares another person on purpose, and the person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over.

## **When does bullying happen?**

Bullying is most likely to happen at school rather than on the way to or from school. One reason for this is that there is more time to bully someone during the school day than in the brief time before or after school.

## **Where do kids bully in your school?**

Bullying can happen anywhere and at any time in school. Kids who bully usually do so when there are fewer supervisors and a greater number of students to supervise such as during lunch time or at recess.

## **How do kids bully in your school?**

Bullying can be physical, such as hitting and kicking someone. Bullying is also nonphysical, such as gossiping or spreading rumors. Another kind of bullying is when some individual or a group of people intentionally leave others out.

## **Who bullies?**

Anyone can choose to use his or her power or strength to control and bully others – even adults! About 20 out of every 100 students report that they bully others.

## **Why do you think kids bully?**

Students who bully usually do so because they enjoy the power and control they receive from bullying. Students who bully may even be some of the most popular kids in the class!

# A word about bullying?

## Word Search directions:

Work with a partner and try to find as many words as possible in 4 minutes. Hint: have one person try to locate words 1-12 and the other person find words 13-24. Any job is easier when you have help!

### Partner 1

1. abuse
2. bully
3. bystander
4. control
5. counselor
6. cyberbullying
7. dare officer
8. define
9. drug
10. education
11. assess
12. evaluate

### Partner 2

13. good citizen
14. followers
15. gossip
16. parent
17. power
18. principal
19. report
20. resistance
21. respond
22. take-a-stand
23. teacher
24. victim

B	Y	S	T	A	N	D	E	R	Y	D	N	A	R	P	A	R	E	N	T
Q	D	D	R	E	L	I	W	A	S	E	Q	Z	J	N	S	X	T	D	H
U	A	R	G	V	I	C	T	I	M	V	X	A	B	U	S	E	A	C	J
U	R	U	G	O	S	S	I	P	R	A	O	S	P	W	E	G	K	C	S
Z	E	G	W	Y	P	O	W	E	R	L	W	Z	V	S	S	O	E	Y	R
B	O	R	M	X	A	M	F	K	N	U	L	C	E	B	S	O	A	B	E
B	F	E	K	V	S	R	H	P	G	A	P	O	T	A	K	D	S	E	S
M	F	P	J	T	E	L	O	R	A	T	Z	U	R	I	E	C	T	R	I
L	I	O	E	E	D	U	X	I	L	E	D	N	E	B	S	I	A	B	S
C	C	R	R	A	U	O	Z	N	S	O	E	S	S	M	E	T	N	U	T
O	E	T	G	C	C	C	B	C	U	Z	F	E	P	S	K	I	D	L	A
N	R	Z	H	H	A	H	U	I	U	N	I	L	O	V	I	Z	Q	L	N
T	K	Q	B	E	T	W	L	P	W	L	N	O	N	O	M	E	I	Y	C
R	E	W	Q	R	I	N	L	A	C	E	E	R	D	Z	V	N	S	I	E
O	X	C	Y	A	O	A	Y	L	U	W	P	P	Z	A	Y	C	K	N	W
L	G	E	O	Z	N	B	Q	F	O	L	L	O	W	E	R	S	Z	G	E

# Story challenge

## Supplemental Lesson #1

**Directions:** Use ALL the words from the word list below to complete the story about bullying.

abuse  
bystander  
control  
cyber bullying

followers  
good citizen  
power  
take-a-stand

There are some kids who bully others at my school. I guess you could call me a \_\_\_\_\_

because I just watch what happens and I don't \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ to try to stop bullying.

Just the other day I was in computer lab and I witnessed \_\_\_\_\_.

This one kid had "photoshopped" a picture (changing the picture with computer software) of this other kid in class and was e-mailing it to some of his \_\_\_\_\_.

I think one reason he likes to \_\_\_\_\_, or hurt this kid is that it makes him feel like he has \_\_\_\_\_ and \_\_\_\_\_ over someone who is defenseless against him.

I know that I should be a \_\_\_\_\_ and try to help him, but I don't know what to do.

I actually feel sick to my stomach when I see this stuff happening everyday. What do you think I could do to help kids when they are being bullied?

**Directions:** Write below some suggestions that could help others know how to REPORT bullying safely:

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**Directions:** Write below some suggestions that could help others know how to SUPPORT someone who is being bullied:

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**Interviewing Techniques—Good Citizenship**



**Directions:**

Your assignment is to interview an adult at home about good citizenship. Try to discover how he or she was helped by a “good citizen” some time in their life. Your job is to piece together information and write a short report that can be shared with your class. Your report should be written from the notes gathered during the interview.

Remember, a *good citizen* is someone who comes to the aid of others or helps them at a time when they cannot help themselves. The person you are interviewing may have been helped by a good citizen yesterday or even several years ago. Although they may not remember the good citizen’s name, you can be sure they remember being helped!

**My Report**

On \_\_\_\_\_, I interviewed \_\_\_\_\_. I asked if they were ever helped by a good citizen. This is what I learned:

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(Use the back of this page to continue your story.)

**Here are some examples of questions you might ask or think about as you prepare your report.**

How did the person you interviewed feel about being helped by a good citizen?

How long has the person you interviewed remembered this good deed?

Has the person you interviewed ever been a good citizen to someone else?

**Conclusion:**

How would reporting a bullying incident at school make you a good citizen?

### Where are you on the “*Stand Against Bullying*” thermometer?

**Directions:** Answer each of the 20 questions by scoring on a 1 to 5 scale how likely you are to do what is being asked of you to do. Then add up your total points and list them at the bottom of this page.

A score of 1 would mean that YOU WOULD NOT likely do what is being asked. A score of 5 means that YOU WOULD NEARLY ALWAYS do what is being asked. The scores of 2, 3, 4 indicate varying degrees of how likely or unlikely you would do what is being asked.

### How likely are you to:

1. \_\_\_\_\_ stick up for your best friend if they were being bullied?
2. \_\_\_\_\_ tell someone who bullies to stop picking on another student who doesn't have any friends?
3. \_\_\_\_\_ report someone who bullies to a teacher?
4. \_\_\_\_\_ stop a group of students who are bullying a younger student?
5. \_\_\_\_\_ invite a new girl or boy to play at recess?
6. \_\_\_\_\_ tell your parents or a relative about someone who is bullying you?
7. \_\_\_\_\_ tell someone who bullies to stop bullying a student that you don't like?
8. \_\_\_\_\_ say something to a boy who is teasing a girl in a mean way?
9. \_\_\_\_\_ tell one of your friends to stop bullying a new student at school?
10. \_\_\_\_\_ tell someone who has bullied you in the past to stop bullying another student?
11. \_\_\_\_\_ tell someone who is popular to stop bullying another student?
12. \_\_\_\_\_ stand up for a student who doesn't like you and is being bullied?
13. \_\_\_\_\_ tell an older student to stop saying mean things to someone your age?
14. \_\_\_\_\_ help a student who is being bullied and is outnumbered by a group of students who bully?
15. \_\_\_\_\_ tell your teacher about someone who is bullying you?
16. \_\_\_\_\_ tell one of the popular students to stop making fun of someone you don't know very well?
17. \_\_\_\_\_ say something to a girl who is spreading rumors about another student?
18. \_\_\_\_\_ say something to a boy who is spreading rumors about another student?
19. \_\_\_\_\_ tell your teacher about someone who is bullying a new student?
20. \_\_\_\_\_ help stop bullying at your school?

\_\_\_\_\_ **Total Points (It is possible to have 100 points.)**



**Situation #1:** Tabitha has just finished reading her D.A.R.E. report to the class when she notices a couple of girls who are talking to each other, pointing at her, and laughing. The same two girls have been bullying Tabitha all year. The teacher does not notice what is happening but Justin does. Justin sits near Tabitha and recognizes that the girls are once again bullying her. He is trying to decide if he should report the bullying behavior and, if so, how to report it to an adult at school.



**D – Define**

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**A – Assess**

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**R – Respond**

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**E – Evaluate**

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**Situation #2:** Your friend Jeff wants to copy your math homework. You are willing to help Jeff with his homework, but you don't want to just hand over your paper to him because that would be cheating. Jeff tells you if you were a "real friend" you would do this for him and that he doesn't have time to get the homework ready by tomorrow. You are trying to decide how to handle this. A conflict can be resolved by using a four step method: stop, look, listen and respond. You are trying to decide what to do.

**D – Define**

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**A – Assess**

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**R – Respond**

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**E – Evaluate**

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## Supplemental Planner Notes

**Lesson One Bullying:** List three “safe ways” to report bullying.

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**Lesson Two Bullying:** What are two steps YOU can take to help reduce bullying in your school?

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