

# What to Do if You're Being Bullied

**Time needed:** 20 minutes

**Recommended Level:** All grades

**Categories:** Empowering, Helping victims, Reporting

**Common Core Standard (s):** Speaking & Listening, writing to convey information

**Purpose:** Students will identify what they need to do when being bullied.

## **DISCUSSION:**

- Discuss the different locations where you may be bullied. (Home, School, Online, Playground, Bus)
- Model what you would do in a specific location. Ex: What would you do if you are bullied on the playground?

## **ACTIVITY:**

Students will be asked to pick a specific location and write at least 3 things they can do if they are being bullied in that location.

Students will share with their neighbor.

## **FOLLOW-UP:**

Students will share their ideas in a class discussion.



Helping Everyone with Anti-Bullying,  
Respect & Tolerance

*Duplication and distribution of this lesson plan is permitted and encouraged.*

*For more information about HEART, please visit [www.cypressevansville.org](http://www.cypressevansville.org)*