



SCHOOLS WHERE EVERYONE BELONGS

JUST FOR KIDS

EVER WONDER ABOUT BULLIES?

Don't Let Anyone Tell You 'You're not special'

You are special. There are things you do well. There are some things you'd like to do better. Sometimes you feel alone. Sometimes you don't feel special.

Children who bully seem to have a special radar that picks up on this. They see it as a chance to get their way.

Words can hurt as much as punches. They can make you feel sad. They can make you feel you aren't important. You remember the words and feel the hurt long after the child who bullies leaves.

Don't let anyone make you

believe you aren't important. Don't let anyone use words or actions make you feel that there is something wrong with you.

Everyone is different. Some people are tall; some are short. Some people are good at math; some are good in spelling.. Some people have freckles; some don't. Being different doesn't make you an outsider. It makes you, YOU.

Facing someone who bullies you isn't easy. There are things you can do. Find a good friend to talk to. Find a group of friends to be with. Friends like the differences that make you special.



Sometimes you can't beat a bully at his own game by yourself. That's okay. Ask for help. Find a teacher or other adult and let them know what is happening. Talk to your parents and let them know you don't like how bullying makes you feel.

Asking for help makes you stronger. You aren't the one who is wrong, the child who bullies is!

TAKE OUR BULLY QUIZ! TRUE / FALSE

Circle One. *Answers are on next page.*

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|---|---------------|
| 1. Bullying can happen anywhere. | True or False |
| 2. Teasing is not bullying. | True or False |
| 3. It is always okay to ask for help from an adult. | True or False |
| 4. Mean words don't hurt. | True or False |
| 5. Bullying should not happen in schools. | True or False |

WHAT WOULD YOU DO?

John was excited. He and his family had moved to a new neighborhood. He was a little scared. He had no friends at his new school.

John hoped he would meet someone who liked Sudoku. Someone who liked to read. He wasn't that good at sports but he would try.

When Harry came up to him one morning, John was glad. Harry was good at sports and had a lot of friends.

"Did you do your math homework?" asked Harry. "Sure," said John. "It was easy."

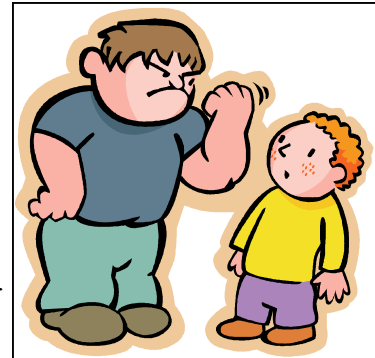
"I didn't have time to do mine. Give me yours," Harry said.

John knew it wasn't the right thing to do but if giving Harry the math would make them friends, he wouldn't be lonely. He handed over his notebook. It worked. Harry invited him to sit with him at lunchtime. The next morning, Harry asked John for his math homework again. John had thought about what he had done. He knew sharing homework was wrong. This time, he said "no."

Harry was angry. He called John "shorty" and "big brain." It made John feel bad.

In class, the teacher asked Harry a question about the math homework. When he said he didn't know, the teacher gave him extra work to do.

On the way home, Harry and his friends met John at the corner. They pushed John and called him more names. John was scared and angry. He was embarrassed because other kids were watching.



IF YOU WERE JOHN WHAT WOULD YOU DO NEXT?

IF YOU WERE ONE OF THE KIDS WATCHING, WHAT WOULD YOU DO?

CAN YOU HELP JOHN MAKE FRIENDS?

- What are three things John can do to make friends?
- What three places John can meet friends?
- What makes a good friend?
- What do you do with your friends?