

Activity: YOU CAN MAKE TODAY BETTER

Name: _____

Date: _____

CHECK OUT SOME OF THE THINGS YOU CAN SAY OR DO TO PROMOTE AN ANTI-BULLYING ENVIRONMENT.

Smile at someone you don't know

Offer a genuine compliment just to be nice

Give sincere praise when you think someone's done something great

Don't say something mean just because it crosses your mind

Don't be sarcastic at someone else's expense

Don't join the crowd when people are acting like bullies

Speak up (politely) on your own behalf—or on someone else's

Ask someone new to sit with you at lunch

Make a new friend and introduce him/her to your other friends

Don't talk about people behind their backs

If you know someone's being bullied, talk to a trusted adult to get help

If someone looks lonely, sad, or scared, ask what's wrong or if you can help

Remember that people aren't always what they seem to be

What else can you do to prevent bullying or promote an environment that doesn't tolerate it?
