

Name: \_\_\_\_\_

Being a bystander to bullying can feel very uncomfortable. You may experience a lot of different feelings. Think about a time you saw or knew about someone else being bullied and how it made you feel. If you've never seen or known about someone being bullied, imagine a scenario where you are watching someone being bullied, and think about how you would feel.

Write down your feelings. Then tell an adult family member about what happened or the scenario you imagined, and tell what you did or could have done to help stop the bullying.

What happened?

\_\_\_\_\_  
\_\_\_\_\_

How did you feel?

\_\_\_\_\_  
\_\_\_\_\_

What did you do or what could you have done to help stop the bullying?

Refuse: \_\_\_\_\_  
\_\_\_\_\_

Report: \_\_\_\_\_  
\_\_\_\_\_

With your adult, write down one thing you can do if you see someone being bullied in the future. It takes courage to help stop bullying!

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

A graphic of a clipboard with a metal clip at the top. The text on the clipboard reads:

**Bystander feelings:**

- Sad
- Angry
- Relieved
- Interested

What are some other things you might feel if you were a bystander to bullying?

◦ \_\_\_\_\_

◦ \_\_\_\_\_

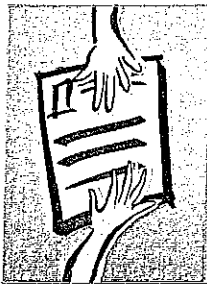
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This homework assignment was completed on \_\_\_\_\_ | \_\_\_\_\_  
(DATE) (ADULT SIGNATURE)

# Grade 4

## Lesson 3: Bystander Responsibility

Home Link



Name: \_\_\_\_\_

It's not easy being a bystander to bullying. What might you do if you see someone being bullied? Today you will work with an adult family member to explore how to respond when someone is being bullied. Follow each pathway below and fill in the boxes. Explain your responses to your adult.

Pretend there is a new student in your class who has moved here from another country. He speaks with an accent. Whenever he talks, a friend of yours makes jokes and teases him about how he sounds. Several other students laugh when this happens. What do you think will happen if...

...you help stop the bullying? \_\_\_\_\_  
\_\_\_\_\_

...you do nothing? \_\_\_\_\_  
\_\_\_\_\_

Pick one (or more) ways you would help stop bullying.

### Refuse bullying

- Stand up to the bullying student
- Refuse to watch
- \_\_\_\_\_

### Report bullying

- Tell an adult
- Help the bullied person tell an adult
- \_\_\_\_\_

### Support the bullied person

- Include him in what you're doing
- Ask him how he's feeling
- Be his buddy
- \_\_\_\_\_

How would this make you feel?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How would this make you feel?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Would you help stop the bullying?

Yes

No

Why did you pick this choice? \_\_\_\_\_  
\_\_\_\_\_

This homework assignment was completed on \_\_\_\_\_

(DATE)

(ADULT SIGNATURE)