

# Be a Better Buddy!

Don't Be a Bully



Bullying Prevention  
Coloring & Activity Book  
Grades 1-3

# What is Bullying?



**Bullying is when someone hurts you with their words or actions, on purpose – over and over again.**

# 3 Types of Bullying

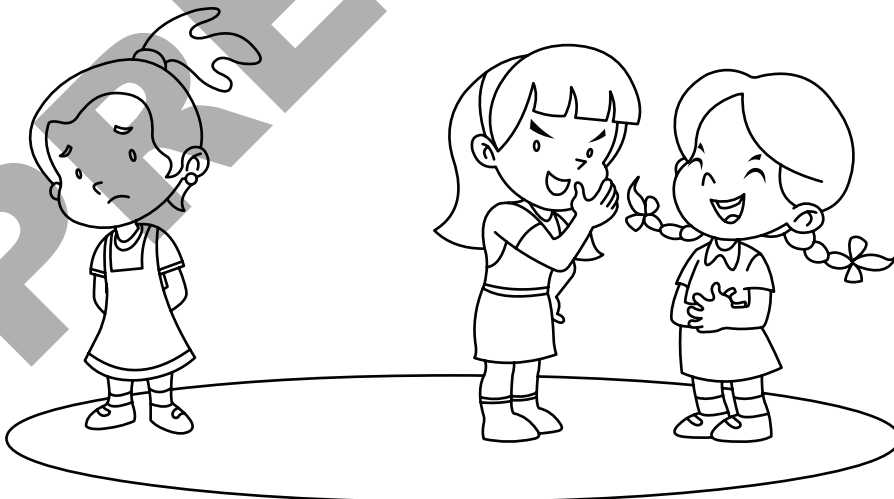
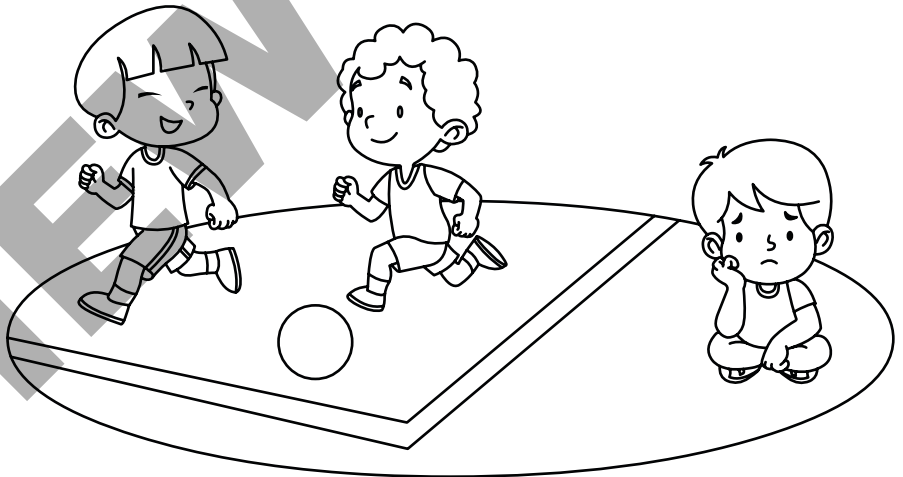


## Physical

**Hitting, Pushing, Biting, Kicking or Grabbing.**

## Social

**Leaving someone out or not letting them join in group activities on purpose.**



## Verbal

**Teasing or name calling.**

# Is It Bullying?

**It is important to know when it's bullying or something else!**

## Being Mean Just One Time?

- Being unkind with words or actions
- Is a reaction to strong feelings
- It only happens once

## Bullying

- Someone is being mean, over and over
- Someone is being hurt on purpose
- You can't get the behavior to stop or find a solution on your own

## Joking & Playing

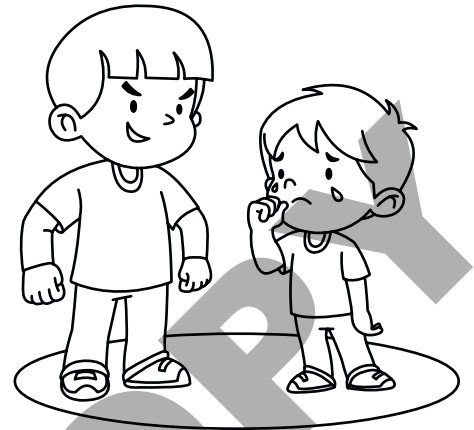
- Everyone is having fun
- No one is getting hurt
- Every one is playing equally

## Conflict




















- Two people having a fight, argument, or disagreement
- A solution can be found
- Both people are equally involved



# Buddy or Bully?



**Read each sentence carefully. Color the happy face if it shows actions of a buddy, color the sad face if it is the action of a bully.**

Cares about how others feel.		
Takes turns and shares.		
Plays with everyone.		
Is kind and respectful.		
Tries to make others look dumb or uncool.		
Uses nice words.		
Pushes, hits, or punches others.		
Calls people mean names.		
Helps other people.		
Leaves someone out on purpose.		

# Buddies Are Better!

## ***Don't Be A Bully***



# Be a Better Buddy

## *Stand Up For Someone*

Stop, this isn't  
funny. He doesn't  
like it. We are  
leaving.

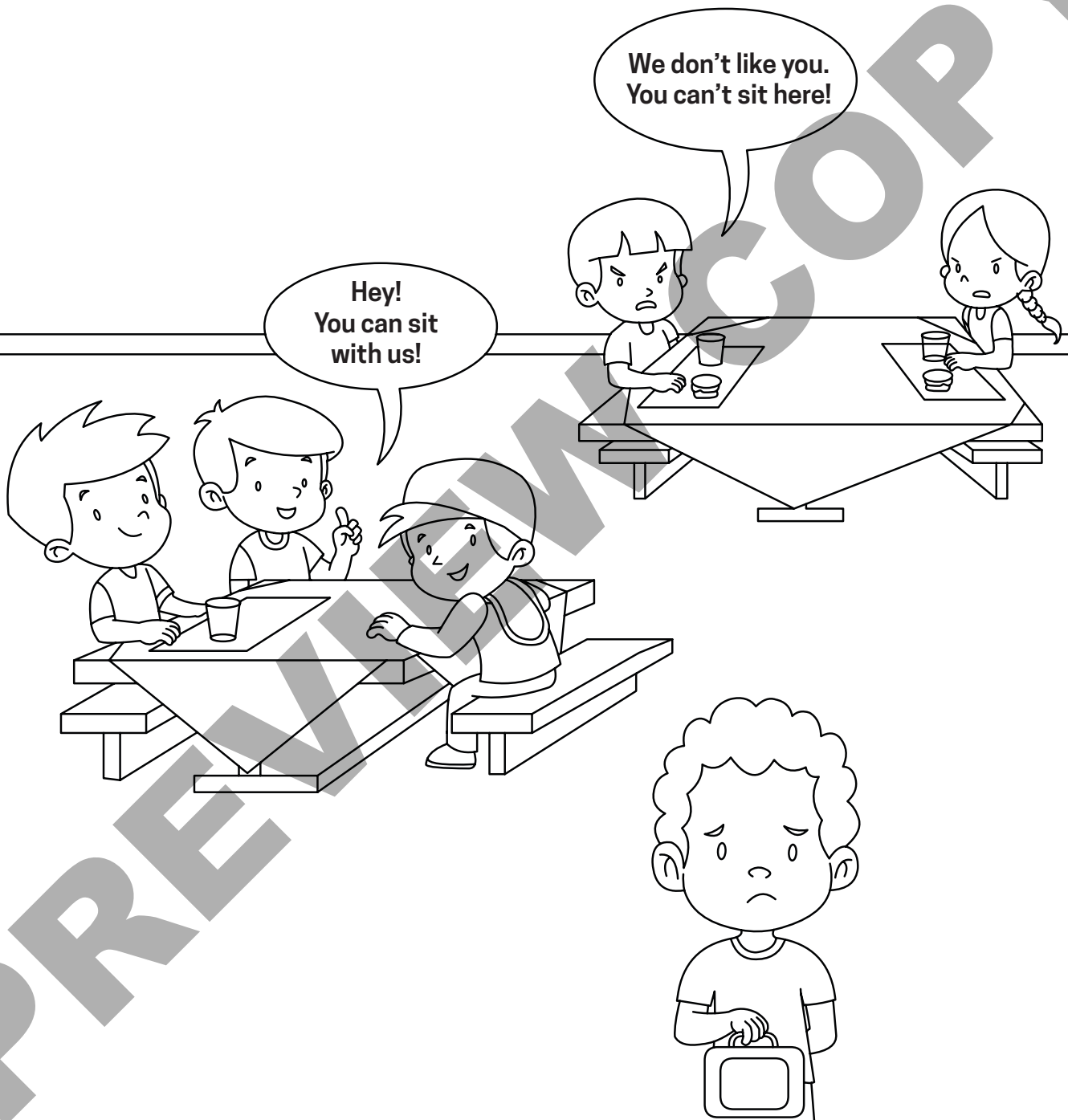


**If someone is being bullied, tell the bully to STOP.  
Help the victim and then walk away and go tell an adult.**



# Be a Better Buddy

## *Be Friendly to Everyone!*



**It isn't cool to leave someone out. If a group of people are being mean or leaving someone out on purpose - Don't Join In.  
Be a Better Buddy!**



# Be a Better Buddy

## ***Tell an Adult!***



**If the bullying is hurting you, someone else, or you cannot get it to stop on your own - tell an adult, parent or teacher. You should never have to handle bullying alone.**

# Tattling vs. Telling

**We TATTLE to get someone in trouble.**  
**We TELL to keep others and ourselves safe.**

Color the pictures that shows behavior where you should TELL an adult.  
Put an "x" through the pictures where it would be tattling.



The boy pushed me and took my toy.



The boy is making silly faces for fun.  
Everyone is laughing

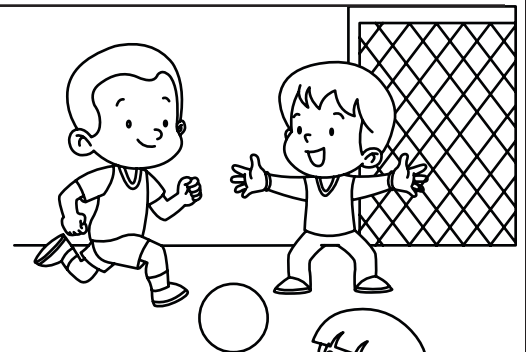
The boy is not doing his work and daydreaming.



The girls are always saying mean things  
and bossing us around.



The girl is breaking classroom toys on purpose.

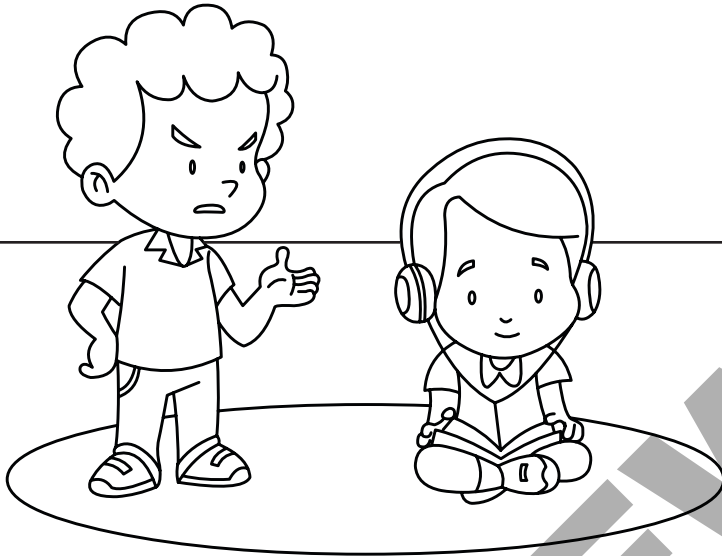


We were playing and a boy was  
pushed down, on accident.



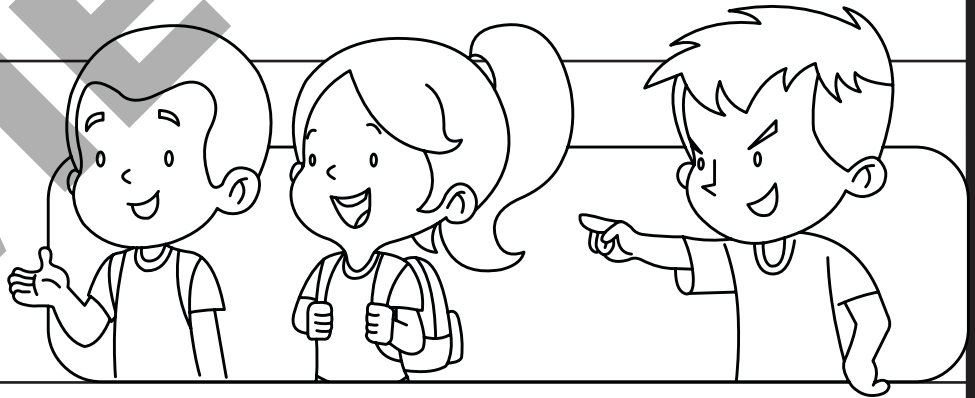
# How to Deal With Bullying

1. **Stand up straight and say loudly - LEAVE ME ALONE or STOP IT!**

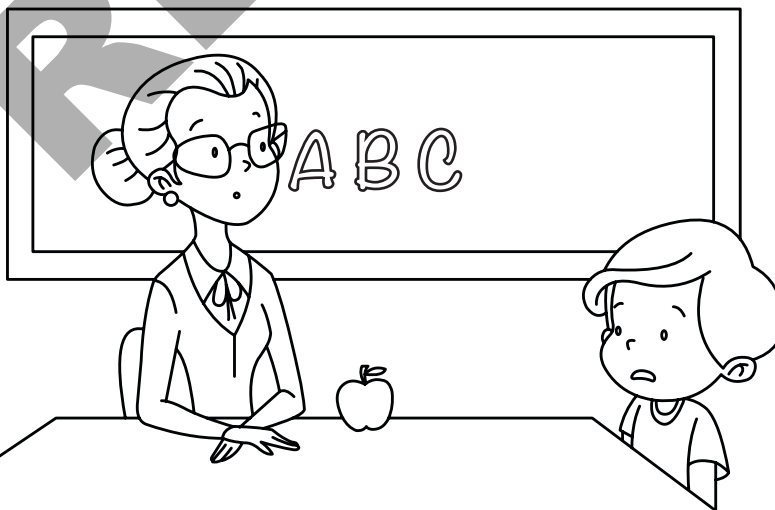


2. **IGNORE the bully**

3. **WALK AWAY and do something else**



4. **TELL an adult**



# Stand Up to Bullying!

## Word Scramble



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

Find these words in the puzzle above:

Friend  
Buddy  
Kind

Bully  
Mean  
Stand Up

Share  
Nice  
Helper

Bossy  
Pushy  
Listen

Walk Away  
Tell

# Why Do People Bully?

**They Feel SCARED or UNSURE of Themselves**

**They Are Unhappy**

**To Pretend They Are Tough**

**To "Fit In" With Other Bullies**

## Are You a Bully?

**Sometimes people don't know they are being a bully. They think their behavior is fun or a joke.**

1. Do you pick on people or animals that are smaller than you? **Y or N**
2. Do you tease or taunt others that are different than you? **Y or N**
3. If you do tease, do you like when they get upset? **Y or N**
4. Do you think it's funny when someone messes up? **Y or N**
5. Do you push, hit or kick others for fun? **Y or N**
6. Do you leave someone out of games or activities on purpose? **Y or N**
7. Do you continue to be mean after being asked to stop? **Y or N**

**If you answered yes to more than one of these questions, you may be acting like a bully. It's time to change your behavior. Be a better buddy and not a bully.**

# How to Apologize

**If you think you were a bully say you're sorry.**

## 1. I'm Sorry For...

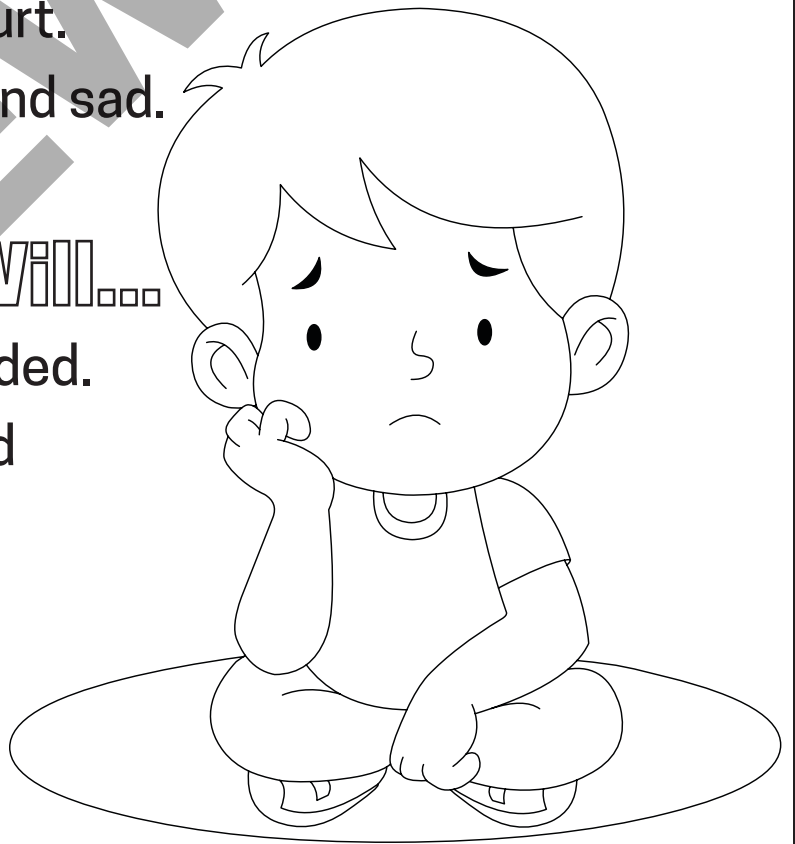
- Saying no one should play with you.
- For hurting you and calling you names.
- For not sticking up for you.

## 2. This Was Wrong Because...

- It hurt your feelings.
- It made you cry and it hurt.
- It made you feel alone and sad.

## 3. In the Future I Will...

- Make sure you are included.
- Keep my hands & unkind words to myself.
- Be a better buddy.

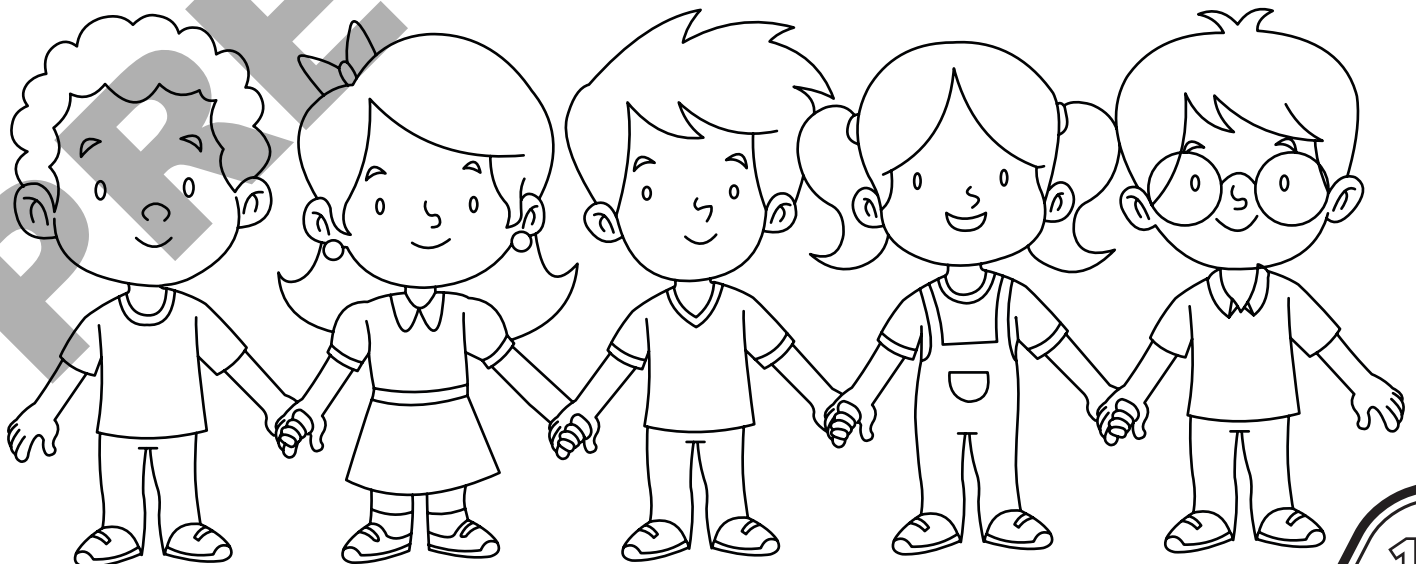


## 4. Will You Forgive Me?

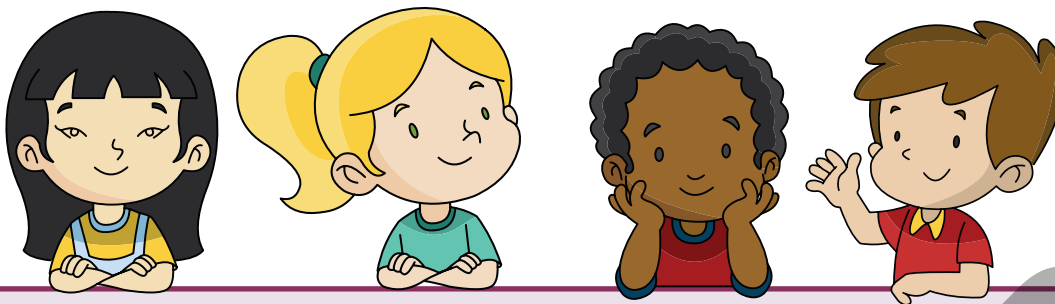
# Better Buddy Checklist

**Check 3 items you promise to do to be a better buddy.**

- ☐ Say nice things about people.
- ☐ Help someone.
- ☐ Share or take turns.
- ☐ Smile more often.
- ☐ Be kind.
- ☐ Don't call anyone mean names.
- ☐ Stand up for someone else.
- ☐ Include others in your games or activities.
- ☐ Report bullying.







## I Promise to Be a Better Buddy No More Bullying Pledge

- I will **SPEAK UP** when I feel bullied.
- I will **REACH OUT** to those who are being bullied.
  - I will be a **BUDDY** not a bully.