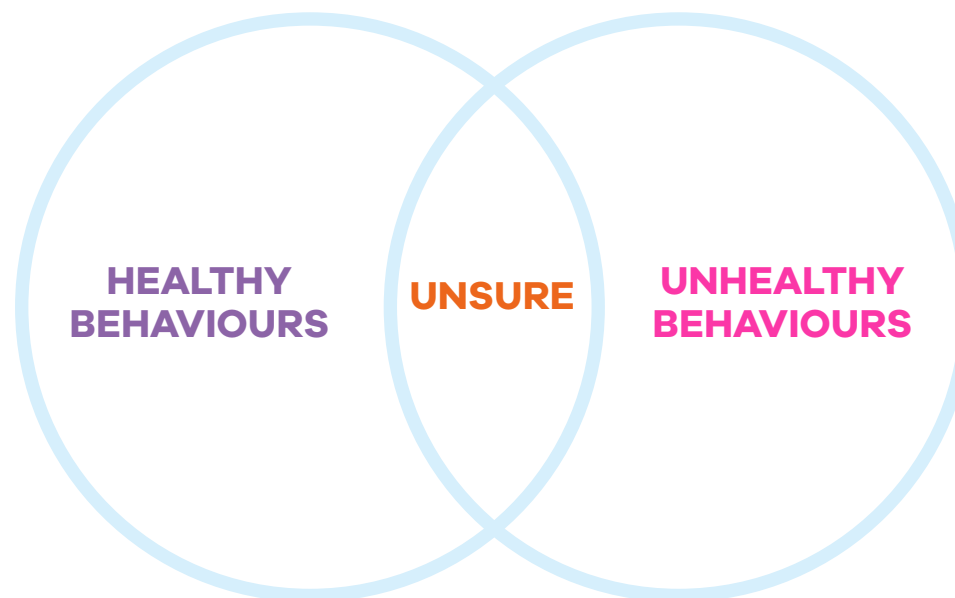


HEALTHY AND UNHEALTHY BEHAVIOURS ACTIVITY SHEET



If you or someone you know is being bullied, there are many ways you can get help.

Sort the statements into healthy and unhealthy behaviours. Any you are unsure of, place in the middle section.

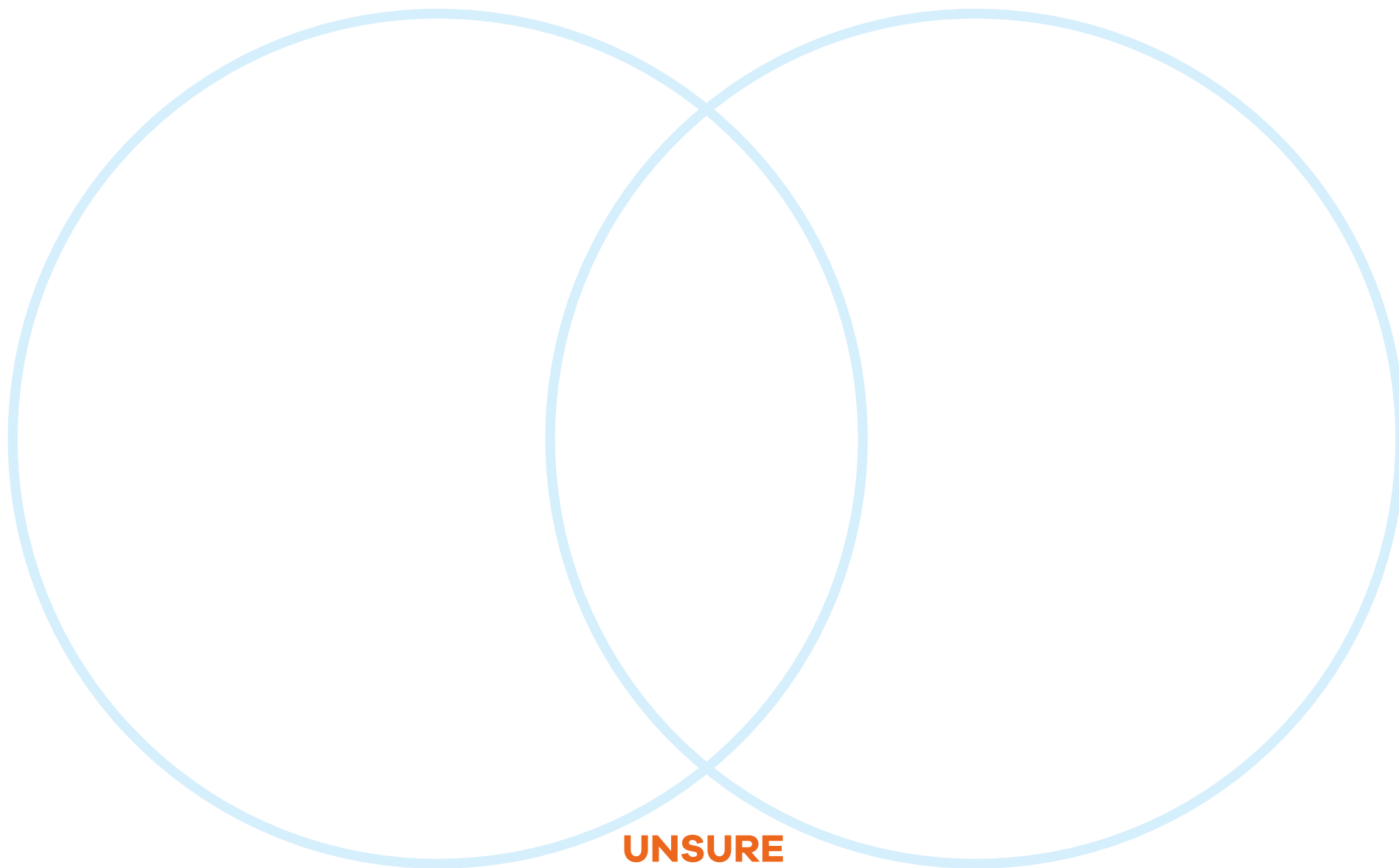


1. You are afraid of your friend's temper	2. Your friend is happy for you when you achieve something	3. Your friend will only let you play with them	4. Your friend threatens you when you are alone	5. Your friend makes fun of you in front of other people
6. Your friend listens to your opinions	7. Your friend sometimes makes fun of you	8. Your friend will only let you play with them	9. You are worried your friend will tell your secrets to others	10. Your friend shares their worries with you

Extension: do you think people report bullying enough? Give reasons for your answer.

HEALTHY BEHAVIOURS

UNHEALTHY BEHAVIOURS



UNSURE