

SEE IT, STOP IT ACTIVITY SHEET

If you or someone you know is being bullied, there are lots of ways we can respond.

Complete the table below to show how and why different responses could help and any potential disadvantages.

| Action | How could this help? | Would there be any disadvantages to doing this? |
|--|----------------------|---|
| Tell a teacher | | |
| Ignore it and see if it happens again | | |
| Talk to the person who is being bullied and ask them if they want help | | |
| Spread rumours about the person who is carrying out the abuse | | |
| Call the police | | |
| Call a bullying helpline | | |
| Post a message on social media to warn others about what is happening | | |

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