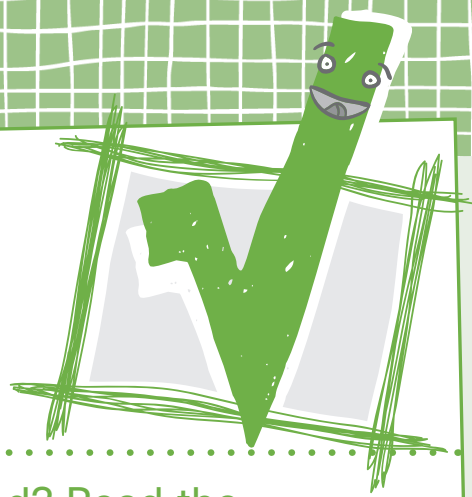


# How Will You Handle Bullying?



What will you do if you are bullied? Read the items below. On a separate sheet of paper, write down the tips you think you will use. Or photocopy the checklist. Or you can download and print out a copy at [www.freespirit.com/LD](http://www.freespirit.com/LD).

**Check all that apply on your list.**

- I will stay calm.
- I will stand up for myself.
- I will walk away.
- I will protect myself.
- I will use the buddy system.
- I will talk to a trusted adult.
- I will stand up for other kids being bullied.

Think about what you checked. Why do you think those tips will work for you? Think about what you did not check. Why do you think those tips will not work for you? Is there any way you can make those tips work for you?