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

### Put a tick against the things that you think would help protect you from being bullied.

### Put a cross against the things that might make someone more likely to bully you.

|  |  |  |  |
| --- | --- | --- | --- |
| Agreeing with what everyone else says all the time/Not having your own views. |  | Not telling someone to stop if they are doing something that is mean. |  |
| Looking grumpy or sad all the time. |  | Telling someone in a firm voice that you don’t like what they are doing, if they are doing something mean. |  |
| Smiling and looking happy. |  | Having your own thoughts and ideas and sticking up for them. Thinking for yourself. |  |
| Looking someone in the eye when you talk to them. |  | Talking in a confident voice. |  |
| Keeping calm even when you are angry. |  | Yelling and shouting when you are angry. |  |
| Being a good loser. |  | Doing nervous things like sucking your shirt or playing with your hair all the time. |  |
| Keeping calm even when you are nervous. |  | Giggling at someone when they do something mean to you. |  |
| Staying away from places where people might hurt you. |  | Staying where a teacher can see you. |  |