

Name _____

Empower Yourself: What to Do if You Are Being Bullied

Open-Ended Response Questions

1. Share a personal experience or observation of being bullied and describe how you applied one or more of the suggested strategies to address the situation. Reflect on the outcome of your actions.

2. Imagine you are a peer mentor tasked with helping a younger student who is being bullied. Discuss the advice and strategies you would provide to support and empower them.

3. Reflect on the role of schools, communities, and families in addressing bullying and promoting a safe environment for individuals who are being bullied. How can these stakeholders contribute to making a positive change?

4. In your opinion, why is it essential for individuals who are being bullied to seek help and not suffer in silence? Provide reasons and examples to support your viewpoint.

