

Name _____

Empower Yourself: What to Do if You Are Being Bullied

Open-Ended Response Answer Key

1. Answers will vary based on personal experiences and perspectives.
2. Possible advice and strategies for a younger student being bullied may include staying calm, seeking help from trusted adults, documenting incidents, developing self-confidence, and joining support groups or clubs that promote inclusivity and kindness.
3. Schools, communities, and families play crucial roles in addressing bullying by providing education and awareness, implementing anti-bullying policies and programs, fostering empathy and respect, and offering support and resources for those affected by bullying. They can create a united front against bullying, emphasizing its unacceptability.
4. Seeking help when being bullied is essential because it can lead to the cessation of bullying and the provision of emotional support. Suffering in silence can lead to adverse physical and mental health effects and prolonged distress. Seeking help empowers individuals to take control of their situation and regain their sense of safety and well-being.

