

Name _____

Understanding Emotions: How Bullying Affects People's Feelings

Open-Ended Response Questions

1. Share a personal story or observation of someone you know who has been affected by bullying. Describe the emotions they experienced and any changes in their behavior or outlook on life.
2. Imagine you are a school counselor. How would you help a student who is experiencing intense sadness and depression due to bullying? What strategies and support would you offer?
3. Discuss the importance of empathy and understanding in supporting victims of bullying. How can friends, family, and educators contribute to helping victims cope with their emotions?
4. Reflect on ways in which schools and communities can create a more inclusive and supportive environment to address the emotional toll of bullying. Provide at least two suggestions and explain their potential impact.

