

Arise *and* *Talk* **About Bullying**

BE KIND Bullying Prevention Program
Workbook for Grades K-3

Bullying. What is it?

Examples of bullying are? Effects of bullying are?

Know how to respond...in love not anger.

If you see something say something.

No means No!

Do unto others as you would have them do unto you.
(Luke 6:31)

Bullying. What is it?

Bullying is mean or harmful behaviour that keeps happening on purpose. It is unfair and one sided. The person being bullied has not been able to stop it.

"Bullying is behaviour that makes the person being bullied feel afraid or uncomfortable. It can be carried out by one person or a group of people.

Bullying can happen in situations where there are real or perceived power imbalances between individuals or groups. It may be a symptom of bias and discrimination." (Ontario.ca, Safe Schools. 2024)



**Can you
spot the 6
differences?**



Approximately 1 in 5 Ontario students (21%) reported being bullied at school, according to the 2021 Ontario Drug Use and Health Survey conducted by the Centre for Addiction and Mental Health (CAMH)

Examples of bullying are:

Some examples may include:
(Match the examples in the middle to the pictures)

Verbal bullying



Punching, shoving and other acts that hurt people physically

Someone forcing you to do something you don't want to do.

Spreading bad rumours about people

Keeping certain people out of a group

Teasing people in a mean way

Getting certain people to "gang up" on others

Posting hateful messages or lies about people online

(Bullying Canada)

Physical bullying



Cyber bullying



Social bullying



How were Tilly and Tabby bullied in the story?

Draw or write your answers



Blank box for drawing or writing answers.

What are some examples of bullying that you have seen?

Draw and/ or write some examples of bullying that you may have seen

Blank box for drawing or writing answers.

Effects of bullying are:

- * May affect students' learning, sense of safety, overall mental health and well-being
- * May impact student attendance and grades
- * Create a negative environment at school or school-related activities for a student, group or the whole school
- * May cause physical, social or emotional harm or distress in the short-term and long-term.
(Ontario.ca)

How did the bullying make Tilly and Tabby feel?

Draw or write your answers in the circle



If you have been bullied or have seen someone being bullied how did it make you feel?

Colour in the face emotions to show how you felt



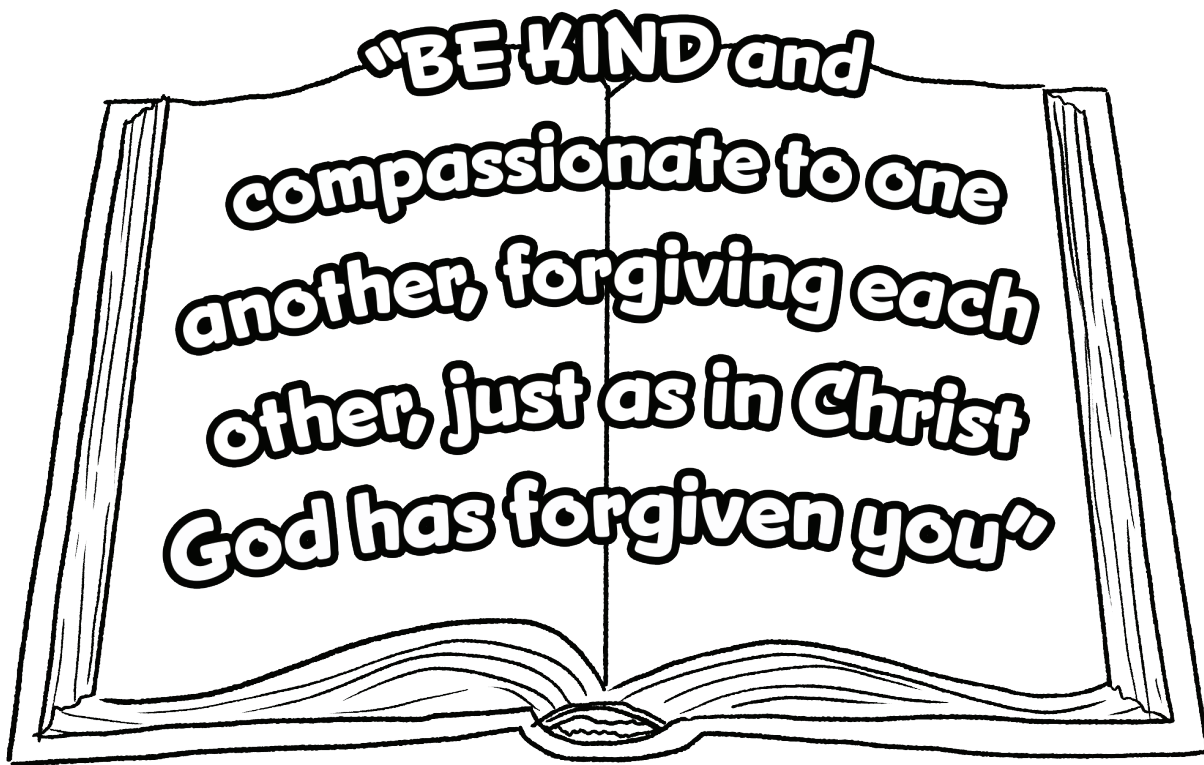
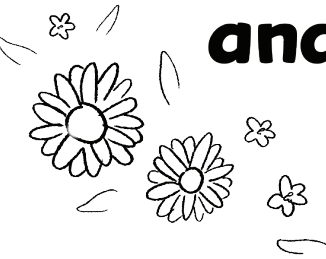
Know how to respond.

Respond in LOVE not anger.

Read Matt 5:44 & Ephesians 4:32

**"But I tell you, love your enemies
and pray for those who
persecute you"**

Matt 5:44



Ephesians 4:32

What does the Bible say about how to treat people who hurt us?

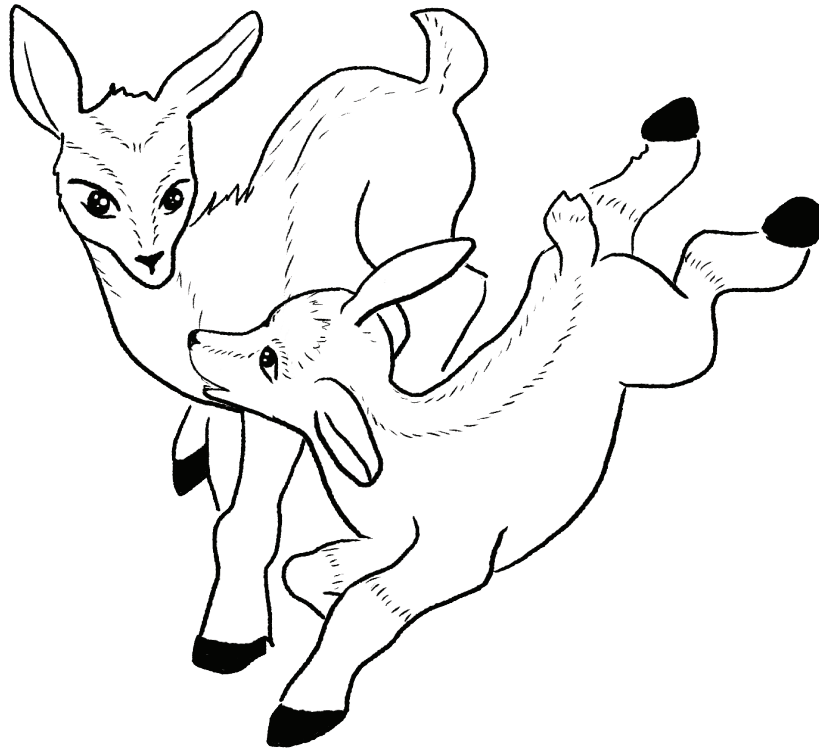
Tilly and Tabby forgave the three bully goats?

True or False

Note* - It is important to remember that just because you chose to forgive someone who hurt you doesn't make bullying ok. Bullying is never acceptable

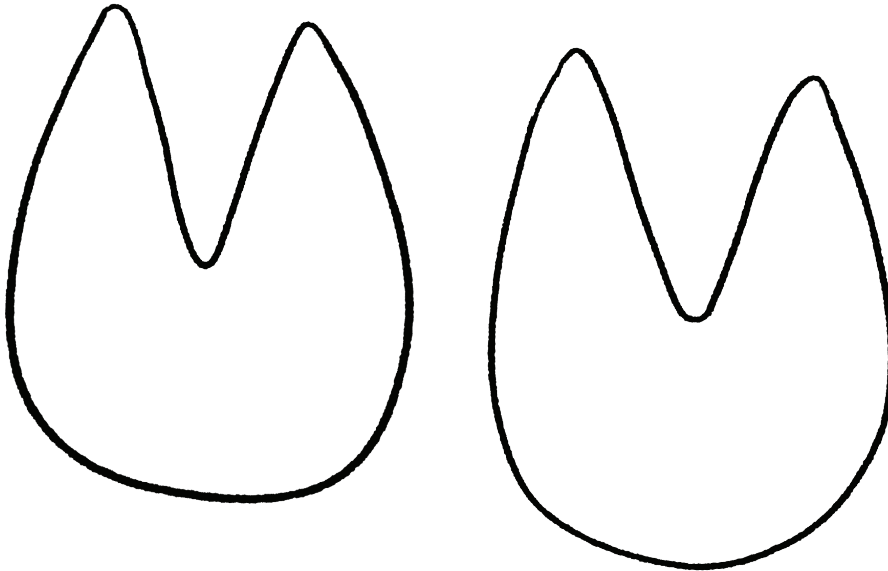
If you see something say something.

Who did Tabby report to about the goats hurting her?



Who can you report to if you are being bullied or see someone else is being bullied?

Write your answers in the hooves



When you talk about the problem you will find that there are lots of people who want to help.

If you see someone being bullied but do not do anything to help stop it then you are helping the bully.

Remember bullying is wrong and you are right to look for help!

No means No!

You can use your words and actions to appropriately stop the bullying.

What did Tilly do and say to stop the bullying?



What are some things you can say or do the next time someone tries to bully you?

Let's Practice being like Tilly!

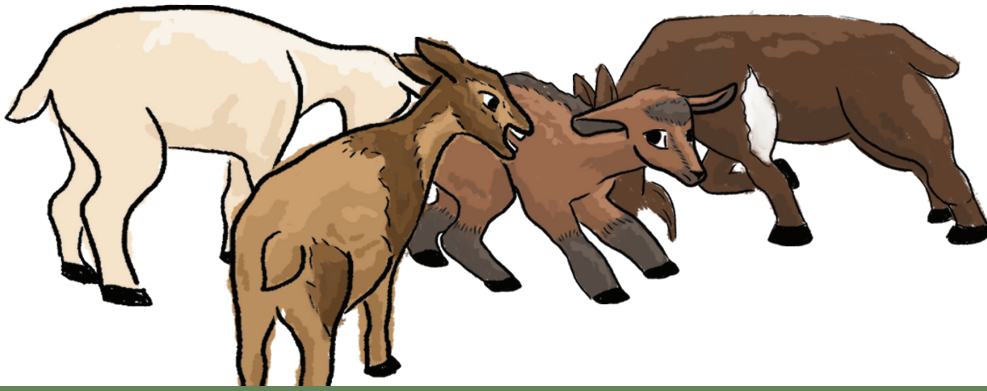
Stand up, heads up, shoulders back
say "I can do all things through Christ who strengthens me" (Phil 3:14)

In a strong respectful voice practice saying:

No. Stop. You're hurting me. Stop, leave him / her alone.

Do unto others as you would have them do unto you.
(Luke 6:31)

We must also say No to bullying others. We must make a choice to not be mean or hurtful to others. We must treat everyone with KINDNESS!



Why do you think the three older goats bullied Tilly and Tabby?

Is it okay to treat others unkindly if they are different than us? Circle the answer

Yes

No

**We are all made in God's image.
Bullying is both harmful and against
school rules!**



Bottom line!

Remember to be like Tilly and put on love and kindness and treat others as you would like to be treated.

“Clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Colossians 3:12



References and Resources

Bible (2015). New International Version.

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1-888-451-CMHA**

**Canadian Red Cross (2024). Beyond the Hurt: Preventing Bullying and Harassment.
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Government of Ontario (2024). Bullying- We can all help stop it. [Ontario.ca](https://ontario.ca).

**Kids Help Phone (2024). What you need to know. [KidsHelpPhone.ca](https://kidshelpphone.ca)
1-800-668-6868**

**YMCA of Owen Sound Grey Bruce (2024).
Bully Proof. ymcaowensound.on.ca.
519-376-0484**