

THE BULLY VACCINE – ACTION PLAN WORKSHEET

BULLYING SITUATION:

WHAT TYPE OF BULLYING IS THIS? (CIRCLE ALL THAT APPLY)

Teasing Threats of Violence Actual Violence Cyberbullying

WHEN AND WHERE DOES THIS OCCUR?

WHAT CAN YOU DO TO AVOID THIS SITUATION ENTIRELY?

WHAT CAN YOU SAY THAT WILL NOT REINFORCE THE BULLY?

WHO CAN HELP YOU?

WHAT SPECIFICALLY DO YOU WANT YOUR HELP TO DO?

WHO WILL YOU REPORT THIS TO?

WHAT WILL YOUR PARENT DO TO SUPPORT YOU?

DOES THIS SITUATION REQUIRE LEGAL ASSISTANCE?

Yes No