

WAYS PEOPLE PICK ON YOU

Directions

Do other people pick on you? This worksheet can help you think about what happens when people pick on you or tease you, and what you can do to respond differently.

First list the ways people pick on you. Second, write down how you usually respond. Third, write down a better way to respond.

1) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____

2) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____

3) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____

4) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____

5) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____

6) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____

7) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____

8) Name a way people pick on you: _____

How do you usually respond? _____

What would be a better way to respond? _____