



Bullying Stops Here

**A Teen's Roadmap
to Empowerment**

WRITTEN
BY

**AMBER
DOEL**

TABLE OF CONTENTS

Introduction	1
What is Bullying?	2
Being Bullied	3
How Does Bullying Affect You?	4
How Will You Respond?	5
Prioritizing Safety	7
Conflict Plan	8
Self-Esteem Weekly Check-in	9
Preventing Cyberbullying	13
Writing a Letter to Your Bully	14
Coping Skills	15
Making Friends	17
Dealing With Stress	18
How I Feel About Me	19
My Positive Attributes	20
Valuing Yourself	21
Focusing on the Positive	22
Building Resilience	23

INTRODUCTION

Adolescence is a pivotal time in your life, marked by self-discovery, growth, and the pursuit of your dreams. But it can also be a period when you face the challenge of bullying.

Bullying comes in many shapes and sizes, from the blatant cruelty of physical bullying to the subtle yet equally damaging impact of verbal, relational, and cyberbullying. It's an issue that knows no boundaries and can infiltrate your life, leaving emotional scars that linger long after the incidents themselves. But you don't have to face it alone.

This workbook is your ally, your guide, and your support system. Within these pages, you'll find tools to understand the different types of bullying, each with its own unique characteristics and consequences.

Throughout this workbook, you'll find advice to assist you on your journey toward a life free from bullying. Remember, you are not alone, and you are stronger than you may think! This is your roadmap to a future filled with confidence, resilience, and the power to shape your future. You will break free from the grip of bullying and pave the way for a brighter, happier future.

Amber R. Doel

WHAT IS BULLYING?

Bullying is repetitive aggressive behavior intended to harm someone. It can create a power imbalance between individuals.

There are different types of bullying:

Verbal: name-calling, mocking, threatening, harassing, making racist or homophobic remarks, verbal abuse

Physical: hitting, pushing, stealing, kicking, tripping, or any type of aggressive physical behavior

Cyber: bullying through social media, texting, posting about someone with negative intentions

Social: spreading rumors, humiliation, damaging one's reputation, lying, making unkind jokes

There is no exact reason why bullies want to hurt others. Bullies usually have low self-esteem and they want to prove something to themselves or others. Bullies usually enjoy feeling like they have power over someone else.

BEING BULLIED

Answer the questions about being bullied and how it has impacted your life.

What type of bullying have you experienced?

What feelings do you experience when you are bullied?

What have you done to cope? Were these coping mechanisms healthy and helpful? Why or why not?

How has being bullied made you feel about yourself?

HOW DOES BULLYING AFFECT YOU?

What types of bullying are you experiencing? What other types of bullying have you experienced?:

What does the bully do to you?

How has being a victim of bullying affected your life?:

Why do you think the bully targets you?:

HOW WILL YOU RESPOND?

THERE ARE THREE COURSES OF ACTION ONE CAN TAKE AGAINST BULLYING: IGNORE, RESPOND, OR TELL

Sometimes it can be difficult to decide which course of action is best for your situation. These guidelines can help you when making that decision.

IGNORE: When the bully is just trying to get a reaction out of you. Sometimes a bully just wants a rise out of their target.

RESPOND: When the comment or action is not hostile. You do not want to end up in a dangerous situation. If you feel as though you won't end up in a dangerous situation, you can respond, and they may back down and leave you alone. Have a firm comeback to the bully like, "Stop talking about me," or "That's not true."

TELL: If your physical well-being is threatened, tell a trusted adult immediately. If someone violates you to the point it's really bothersome, tell a trusted adult. In any situation you feel like you need help, tell a trusted adult. Someone will help you.

HOW WILL YOU RESPOND?

Now that you know the different courses of action, write your own personal guidelines for your situation.

I will ignore bullying when _____

I will respond to bullying when _____

I will tell someone I trust when a bully _____

Usually, my course of action for my specific circumstances is to _____

PRIORITIZING SAFETY

It is crucial that above everything else, you prioritize your safety.

If you ever feel as if you are in danger, tell a trusted adult (parent, teacher, coach, etc.) immediately. They can help you.

This workbook is confidential and personal to you, but creating a safety contract can help ensure your safety.

Write your initial on the line next to each statement:

_____ I feel threatened.

_____ My safety is in jeopardy.

_____ I feel like there is no hope.

_____ I feel like this situation is never going to get better.

_____ I'm losing interest in things I once enjoyed.

_____ I have little to no motivation.

_____ I have thoughts of harming myself.

List the trusted adult(s) you are going to give your safety contract to: _____

Keep your safety contract somewhere safe and accessible. You can refer to it next time you feel like you are in danger.

CONFLICT PLAN

Use this worksheet to come up with a plan for the next time a bully is bothering you. Having a plan of action can help you be prepared to respond to their behavior in a positive way.

If _____ starts to _____

I can _____

I can say...

Three empty speech bubble outlines are provided for the student to write their responses. The first bubble is on the left, the second is in the center, and the third is on the right. Each bubble has a tail pointing towards the bottom right.

A safe place I can go to is _____

Someone I can talk to is _____

I need to remember not to _____

SELF-ESTEEM WEEKLY CHECK IN

Every week for the next 4 weeks, do a weekly self-esteem check-in. It's important to prioritize building your self-esteem.

Week: ____/____/____ - ____/____/____

This week I have felt:



I have felt this way because: _____

Highlight from this week: _____

Lowligh from this week: _____

How do I want next week to improve?: _____

What can I do for next week to be better?: _____

What have I done in the past week to prioritize my well-being?: _____

SELF-ESTEEM WEEKLY CHECK IN

Week: ____/____/____ - ____/____/____

This week I have felt:



I have felt this way because _____

Highlight from this week: _____

Lowligh from this week: _____

How do I want next week to improve?: _____

What can I do for next week to be better?: _____

What have I done in the past week to prioritize my well-being?: _____

SELF-ESTEEM WEEKLY CHECK IN

Week: ____/____/____ - ____/____/____

This week I have felt:



I have felt this way because _____

Highlight from this week: _____

Lowligh from this week: _____

How do I want next week to improve?: _____

What can I do for next week to be better?: _____

What have I done in the past week to prioritize my well-being?: _____

SELF-ESTEEM WEEKLY CHECK IN

Week: ____/____/____ - ____/____/____

This week I have felt:



I have felt this way because _____

Highlight from this week: _____

Lowlight from this week: _____

How do I want next week to improve?: _____

What can I do for next week to be better?: _____

What have I done in the past week to prioritize my well-being?: _____

PREVENTING CYBERBULLYING

Today, cyberbullying is very common. Cyberbullying takes place on the internet. It can be challenging to avoid when it's happening, but there are ways!

LOG OFF

Log off of the platform or site where the bullying is happening.

BLOCK

Block accounts and phone numbers so the bully cannot reach you.

SAVE THE PROOF

Fortunately, it is very easy to save screenshots or recordings that show the bullying took place. You can use this proof when telling a trusted adult.

DISCUSS

Remember to talk to someone you trust if you are being cyberbullied. They can help you prevent it from happening.

What will you do? _____

WRITING A LETTER TO YOUR BULLY

Writing out how you feel can make you feel a lot better about a specific situation. Use the outline to write a letter to someone who is bullying you. You don't have to actually give the letter to the bully.

Dear _____,

I am writing you this letter to tell you _____

The way you treat me is not okay, and I want to make that clear. The way you treat me makes me feel

_____ because _____

I want you to leave me alone. Treating people with disrespect does not benefit you whatsoever.

I hope you find enough awareness and peace to stop hurting me.

Sincerely, _____

COPING SKILLS

Being the target of bullying can negatively impact you in many ways. Remember, you do not have to endure this situation in silence, you are not alone. There are many ways to cope and respond to bullying.

Report the Bullying

Report the situation to a trusted individual in your life (parent, teacher, coach, etc.) as soon as possible. This person can support you and help you make a plan to end the bullying.

Never Keep It a Secret

It's understandable that you may be uncomfortable talking about being targeted by a bully. But when sharing your experience with someone you trust, they can help you. Don't ever think you have to go through this alone!

Remember, It's Not Your Fault

At times, you may feel scared, lonely, embarrassed, or helpless, but being a victim of bullying is not your fault. Whenever you feel negative about yourself, remind yourself that it's NOT your fault!

COPING SKILLS

Walk Away from the Bully

It may be in your best interest to ignore the bully. Not reacting does not give them satisfaction. In some circumstances, walk away and tell someone you trust immediately.

If You are in Danger, Call 911

If you are in danger and need help, call 911 for help and support.

Some Forms of Bullying Are Criminal Offenses

Physical violence, sexual harassment, hate speech, and discriminatory harassment are all criminal offenses. Most schools have policies that address these issues and get the police involved. If you are getting bullied where these policies are not enforced, contact the police and report it.

Seek Professional Support

It can be beneficial for your mental health to talk to a counselor or therapist. They can help you cope.

How will you cope?

MAKING FRIENDS

It may seem impossible to make friends if you are bullied. Remember, don't allow others to stop you from making friends.

Here's what you can do:

BE YOURSELF - You want to have friends who accept you for who you are. Never pretend to be someone you're not.

CHECK YOUR SOCIAL SKILLS - Our social skills overall determine whether people want to be around us or not.

DO NOT OVER-COMPLICATE MAKING FRIENDS - When trying to make friends, it can be difficult to think about how you're going to go about approaching someone. It can be as easy as joining a club, group, or sports team.

This makes it so you are surrounding yourself with people who have similar interests to you!

What can you do to make friends?

DEALING WITH STRESS

As a teen, stress can be heavy at times. There are some easy ways you can deal with stress.

Listen to
positive music

Limit screen
time

Spend some
time in the sun

Light and
regular exercise

Write in a
journal (an easy
way to release
emotions!)

Practice
mindful and
deep breathing



What will you do to manage stress?

HOW I FEEL ABOUT ME

When being bullied, it's common for it to impact how you feel about yourself. Rank the statements below based on how much you agree with them (1 = you really disagree to 5 = you really agree).

I am smart.	1	2	3	4	5
-------------	---	---	---	---	---

I am talented.	1	2	3	4	5
----------------	---	---	---	---	---

I am funny.	1	2	3	4	5
-------------	---	---	---	---	---

I am loveable.	1	2	3	4	5
----------------	---	---	---	---	---

I am worthy.	1	2	3	4	5
--------------	---	---	---	---	---

I am good-looking.	1	2	3	4	5
--------------------	---	---	---	---	---

I am creative.	1	2	3	4	5
----------------	---	---	---	---	---

People like me.	1	2	3	4	5
-----------------	---	---	---	---	---

I am kind.	1	2	3	4	5
------------	---	---	---	---	---

I am special.	1	2	3	4	5
---------------	---	---	---	---	---

MY POSITIVE ATTRIBUTES

Remember that you have positive attributes when feeling down about yourself because of someone else's words and actions. Use this worksheet to highlight how you have been a good person.

The **kindest** thing I have ever done:

The **bravest** thing I have ever done:

A time I was **confident** was when:

I was **honest** when:

I was **responsible** when:

I felt the **proudest** of myself when:

A time I **worked hard** was when:

A time I was a **good leader** was when:

The best thing I've **created** was:

VALUING YOURSELF

If you're being bullied, your self-worth might be damaged. This exercise can help you reflect on what you like about yourself.

3 things I like about myself:

1. _____
2. _____
3. _____

3 things I am good at:

1. _____
2. _____
3. _____

3 things that make me unique:

1. _____
2. _____
3. _____

Some accomplishments I am proud of:

I feel most confident when:

I feel calm and peaceful when:

FOCUSING ON THE POSITIVE

It's always important to acknowledge the positive, especially during your worst times. It's entirely understandable that it can be challenging to focus on the positive when in a negative headspace. This exercise can help you reflect on the good things in your life.

3 things I am grateful for:

1. _____
2. _____
3. _____

3 goals I am working toward:

1. _____
2. _____
3. _____

Challenges I have overcome:

3 things I like about myself:

1. _____
2. _____
3. _____

What are some of the happiest moments I have experienced?
Who were they with? Where are my favorite places to be?

BUILDING RESILIENCE

Resilience is the ability to stay motivated, optimistic, and hopeful when facing tough challenges. It's important to develop resilience especially when facing a bully.

What is a personal goal of mine?

I will build emotional resilience by (e.g., doing 3 things that I enjoy every day):

I will build social resilience by (e.g., contributing more in social settings):

I will build mental resilience by (e.g., learning to be kinder to myself):
