



Name: _____

Bullying is when someone keeps being mean to someone else on purpose. The person it's happening to hasn't been able to make it stop. It is unfair and one-sided.

With an adult family member, talk about this definition of bullying and each of the Three Rs: recognize, report, and refuse. When you are done, read the scenario below:

Pretend that every day after school a fifth-grader comes up and pushes you against the wall in the hallway. He calls you names, and his friends laugh at you. Sometimes you are afraid to leave your classroom at the end of the day.

What should you do? With your adult, use the Three Rs to decide what to do in this scenario.

Recognize: Is this bullying? Circle one option: **Yes No**

How can you tell?

If it's bullying:

Report: Who can you report this bullying to? (You can list more than one person.)

What will you say?

Refuse: Write what you can do or say the next time the fifth-grader tries to push you.

This homework assignment was completed on _____	_____
(DATE)	(ADULT SIGNATURE)



Name: _____

Being a bystander to bullying can feel very uncomfortable. You may experience a lot of different feelings. Think about a time you saw or knew about someone else being bullied and how it made you feel. If you've never seen or known about someone being bullied, imagine a scenario where you are watching someone being bullied, and think about how you would feel.

Write down your feelings. Then tell an adult family member about what happened or the scenario you imagined, and tell what you did or could have done to help stop the bullying.

What happened?

How did you feel?

What did you do or what could you have done to help stop the bullying?

Refuse: _____

Report: _____

With your adult, write down one thing you can do if you see someone being bullied in the future. It takes courage to help stop bullying!

This homework assignment was completed on _____	_____
(DATE)	(ADULT SIGNATURE)

Bystander feelings:

- Sad
- Angry
- Relieved
- Interested

What are some other things you might feel if you were a bystander to bullying?

- _____
- _____
- _____



Name: _____

It's not easy being a bystander to bullying. What might you do if you see someone being bullied? Today you will work with an adult family member to explore how to respond when someone is being bullied. Follow each pathway below and fill in the boxes. Explain your responses to your adult.

Pretend there is a new student in your class who has moved here from another country. He speaks with an accent. Whenever he talks, a friend of yours makes jokes and teases him about how he sounds. Several other students laugh when this happens. What do you think will happen if...

...you help stop the bullying? _____

...you do nothing? _____

Pick one (or more) ways you would help stop bullying.

Refuse bullying

- Stand up to the bullying student
- Refuse to watch
- _____

Report bullying

- Tell an adult
- Help the bullied person tell an adult
- _____

Support the bullied person

- Include him in what you're doing
- Ask him how he's feeling
- Be his buddy
- _____

How would this make you feel?

How would this make you feel?

Would you help stop the bullying? Yes No

Why did you pick this choice? _____

This homework assignment was completed on _____ | _____
 (DATE) (ADULT SIGNATURE)



Name: _____

You are an entertainment reporter. The song “Walk, Walk, Walk” has just been released. Your assignment is to find out what the public thinks of it. The “public” is any adult family member—and you! Have your adult read the selected “Walk, Walk, Walk” lyrics below, then ask and help answer the following questions.

*You gotta walk, walk, walk
Walk in their shoes
Take a look and see what they’re seeing
Walk, walk, walk
Walk in their shoes
Try to understand
What it would feel like to be them
You gotta walk, walk, walk
Walk in their shoes
Empathy is what we’re saying
Recognize those feelings
You’ve felt them too
That’s empathy*



What do the lyrics mean to us? _____

What do we think empathy means? _____

How do these lyrics relate to respect? _____

What does respect mean to us? _____

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)



Name: _____

What do kids really know about what adults think? And what do adults really know about what kids think? You and an adult family member are going to try putting yourselves in each other's shoes. The saying "put yourself in their shoes" means to take that person's perspective—to imagine what it's like being them.

Answer the questions on the left side of the page. When you're done, fold the page in half so your answers can't be seen. Next, your adult will answer the same questions on the right side of the page. Then open the page and compare your answers to find out how well you know each other's perspectives.

Student's Perspective	Adult's Perspective
The best time to do homework is:	The best time to do homework is:
What I think my adult would say:	What I think the student would say:
When we go to a special family or school event, the clothing that is best to wear is:	When we go to a special family or school event, the clothing that is best to wear is:
What I think my adult would say:	What I think the student would say:
The best style of music to listen to at home is:	The best style of music to listen to at home is:
What I think my adult would say:	What I think the student would say:
The amount of screen time (such as TV or computer) per day allowed in our house should be:	The amount of screen time (such as TV or computer) per day allowed in our house should be:
What I think my adult would say:	What I think the student would say:

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)



Name: _____

You are a delivery person. But you are no ordinary delivery person—you're a *compassion* delivery person! It's your job to deliver compassion to those in need. With an adult family member, think of something compassionate you can do for another family member or neighbor. Write down what you will do below, then do it!

My Compassion Delivery Plan

Who can I show compassion to? _____

What can I do to show compassion for this person? _____

When will I do it? _____

Check here after you've delivered your compassion.

How did your compassion "delivery" make the recipient feel? _____

How did it make you feel? _____



Having compassion means saying or doing something to show you care.

This homework assignment was completed on _____ | _____
(DATE) (ADULT SIGNATURE)