

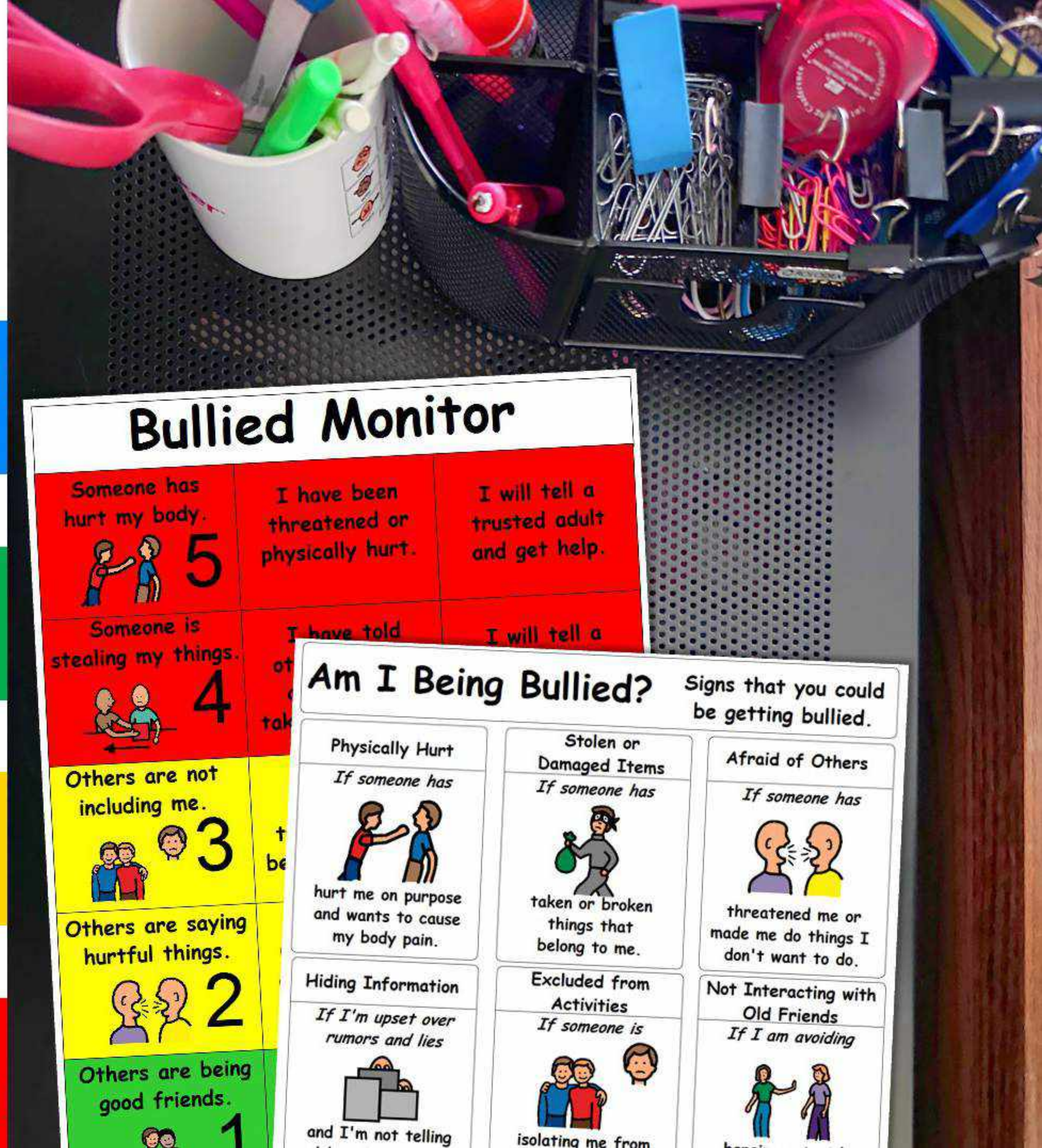
BULLYING VISUALS

➤ BEHAVIOR SUPPORT

➤ EASY TO USE

➤ SPED FRIENDLY

➤ COOPERATION TOOL



Bullied Monitor

Someone has hurt my body.



5

I have been threatened or physically hurt.

I will tell a trusted adult and get help.

Someone is stealing my things.



4

I have told

I will tell a

Others are not including me.



3

Others are saying hurtful things.



2

Others are being good friends.



1

Am I Being Bullied?

Signs that you could be getting bullied.

Physically Hurt

If someone has



hurt me on purpose and wants to cause my body pain.

Stolen or Damaged Items

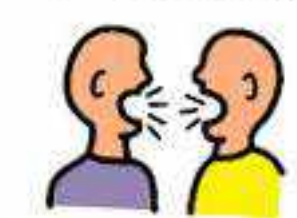
If someone has



taken or broken things that belong to me.

Afraid of Others

If someone has



threatened me or made me do things I don't want to do.

Hiding Information

If I'm upset over rumors and lies



and I'm not telling

Excluded from Activities

If someone is



isolating me from

Not Interacting with Old Friends

If I am avoiding



being

BULLYING VISUAL SUPPORTS

How to Stop a Bully

- Ignore**
If a person is saying upsetting things
tend they aren't re and keep your feelings hidden.
- Let It Go**
If a person is saying rude or untrue things
use your regular voice and tell them, "Please stop."
- Don't Retaliate**
If a person is saying negative things
act calmly and shrug your shoulders.
- Be Polite**
If a person is saying hurtful things
smile, laugh, and shrug your shoulders.
- Take a deep breath and walk away**
If a person is causing you trouble.

Am I Being Bullied? Signs that you could be getting bullied

- Physically Hurt**
If someone has hurt me on purpose and wants to cause my body pain.
- Stolen or Damaged Items**
If someone has taken or broken things that belong to me.
- Afraid of Others**
If someone has threatened me or made me do things I don't want to do.
- Excluded from Activities**
If someone is leaving me out of things.
- Hiding Information**
If I'm upset over something.

Am I A Bully? Signs that you could be a bully.

- Do I say things to hurt others?**
I have teased, taunted, name called, gossiped, and threatened others.
- Do I do things to hurt others?**
I have caused others physical pain and stolen things from others.
- Am I trying to control others?**
I have excluded people or told others not to like someone.
- Am I blaming others?**
When I'm upset.
- Am I being aggressive?**

How to Stop Being a Bully

- Stop and Think**
If you feel like being mean, ask yourself if your behavior is going to hurt you or what you want to do when you are in trouble.
- Find a Different Activity**
If you feel like someone is making fun of you, try a different activity like sports, drawing, or reading.
- Apologize**
If you have hurt someone in the past, talk calmly with them by using positive words that discuss solutions.
- Look for the Good**
If you are targeting others, look for the positive in others instead of the negatives.
- Be Patient**
If you are making fun of others, be patient and try to understand their feelings.
- Talk to an Adult**
If you have been a bully, talk to a counselor or trusted adult.
- Change Your Pastimes**
If you are harassing others, change your pastimes.

Bully Monitor

- 5** I am hurting others. I am controlling others. I am intolerant of others.
- 4** I have taken or broken things that do not belong to me. I have broken rules.
- 3** I am isolating and not including others. I am trying to control others.
- 2** I am saying hurtful, untrue, or threatening things.
- 1** I am being aggressive.

Bullied Monitor

- 5** Someone has hurt my body. I have been threatened or physically hurt.
- 4** Someone is stealing my things. I have told others to stop damaging or taking my things.
- 3** Others are not including me. I will find a true friend and be a good friend.
- 2** Others are saying hurtful things. I am ignoring.
- 1** I am being bullied.

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Caroline Koehler

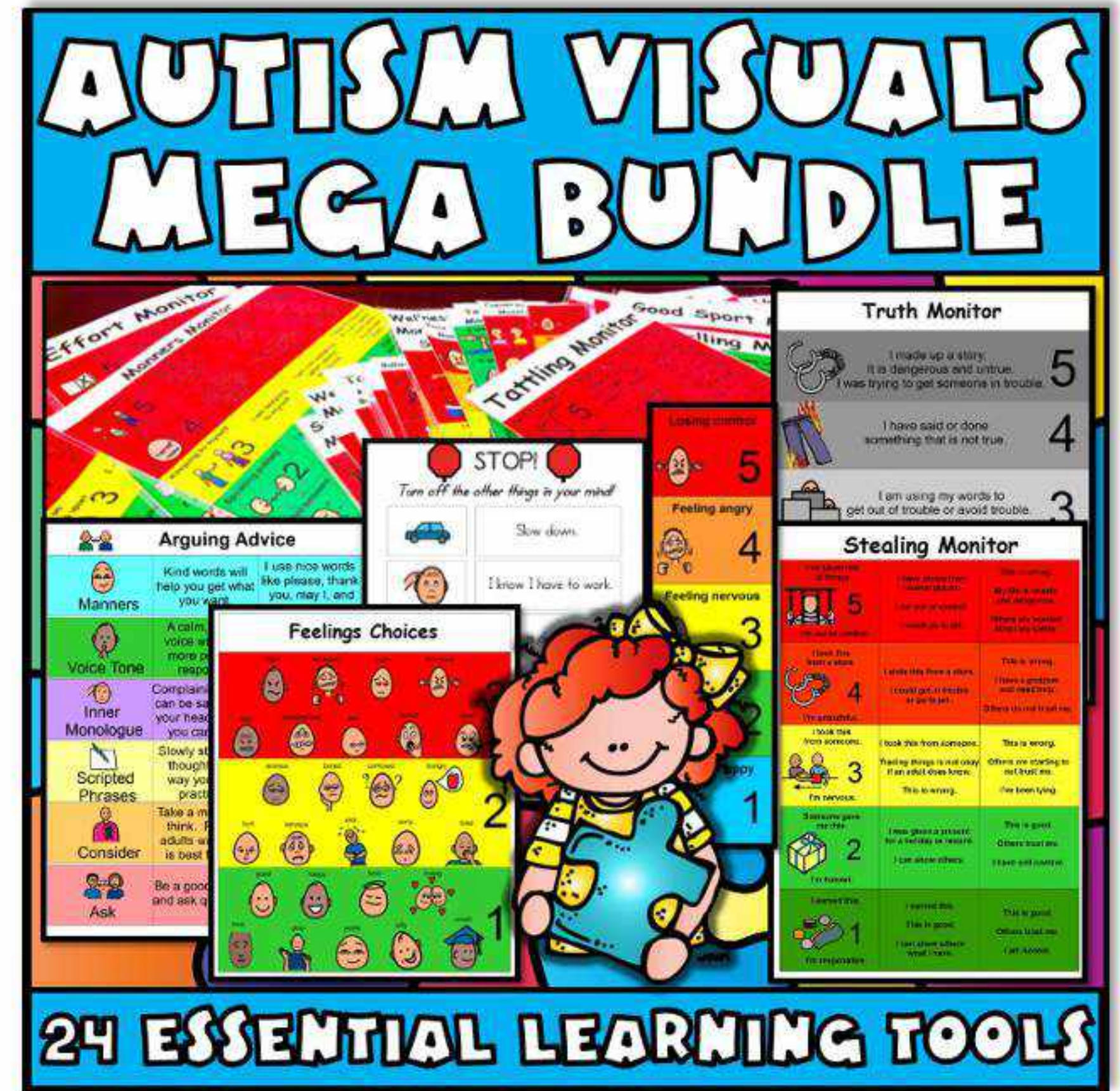
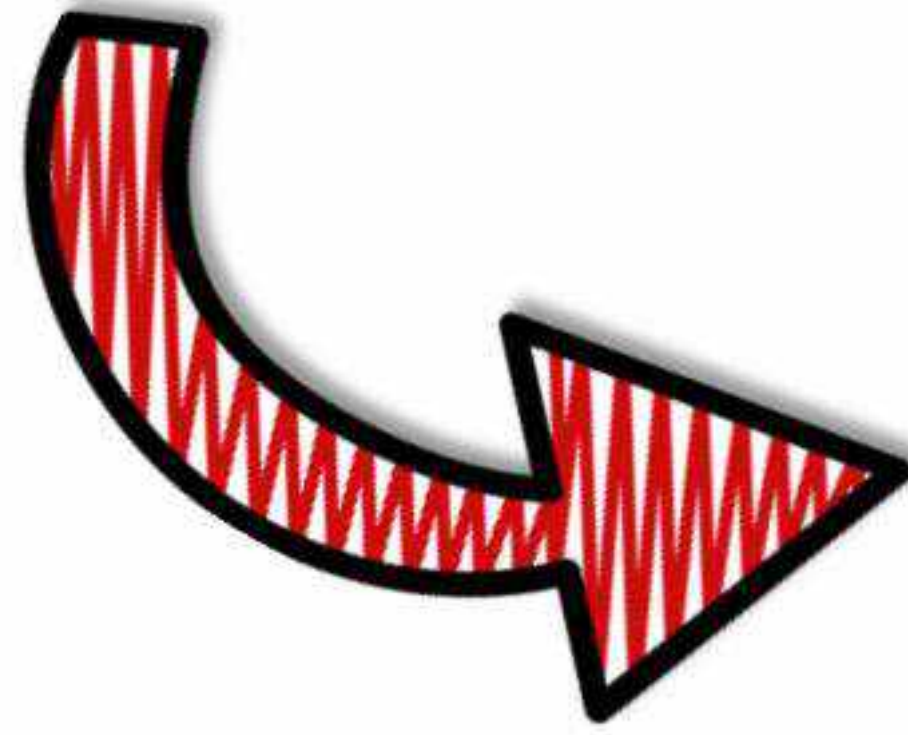
BULLYING VISUAL SUPPORTS



CHECK OUT THE BUNDLE!



Click here to get this visual plus 23 other behavior support tools!



- ✓ Positive Behavior Management
- ✓ Social Emotional Learning Tools
- ✓ Simple but Powerful Visuals

Caroline Koehler