

Shield of Self-Respect

What do you do when someone insults you or calls you names? Put-downs can be bullying, like darts that are meant to sting you.

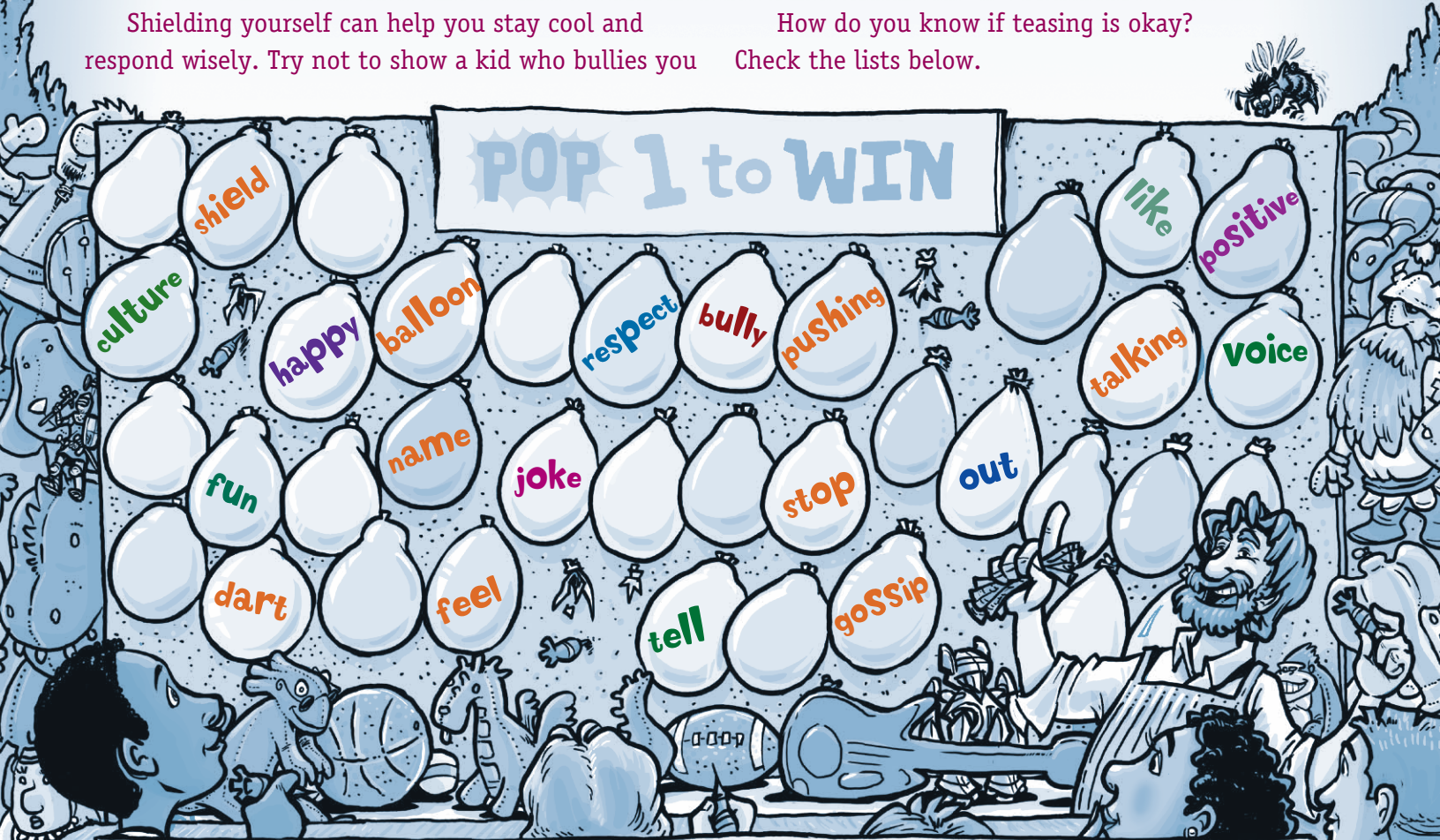
But you have the power to block those darts! Tell yourself that you're a noble being, and your self-respect is like an invisible shield. Imagine the darts bouncing off of your shield without hurting you.

Shielding yourself can help you stay cool and respond wisely. Try not to show a kid who bullies you

that you're upset. It's often best to calmly walk away. If the kid doesn't stop or gets physical, talk to your parents or another trusted adult.

Not all names and teasing are bullying. Sometimes friends have fun with positive nicknames, like "Flash" for a quick runner. Or a friend might tease you in a gentle way, to make you laugh.

How do you know if teasing is okay? Check the lists below.



In this carnival game, search the balloons for missing words and fill them in.

DARTS THAT STING

1. You _____ hurt or angry when you hear the nickname or comments.
2. The kids don't stop when you _____ them they're bothering you.
3. They spread rumors or _____ about you.
4. Violence, such as _____ or hitting.
5. You feel left _____ and excluded from activities.
6. Making fun of a _____, faith, or language.

FRIENDLY FUN

1. The kids use a friendly tone of _____.
2. You _____ the kids, and you feel they like you.
3. You can _____ and laugh with the kids who are teasing you.
4. The kids are _____ with you, not showing off for other friends.
5. The nicknames are all _____.
6. The kids _____ if you ask them to.