

## Effects of Bullying

- 1: What do you think is the difference between teasing and bullying? How can you tell the difference?
- 2: When you do think teasing becomes bullying?
- 3: Where do you think bullying happens most often (recess, after school, lunch, etc.)?
- 4: How do you think being bullied affects a person's school performance?
- 5: How do you think being bullied affects the way someone interacts with their peers?
- 6: How do you think being bullied affects the way someone interacts with their family?
- 7: How do you think bullying affects the sense of community at school?
- 8: Have you ever felt bullied at school? What feelings did you experience?
- 9: How do you think it would affect someone long-term (over the course of their life) if they were bullied every day at school?
- 10: Why do you think a person would bully someone else?
- 11: If you see someone being bullied, do you feel comfortable reporting it to a teacher or staff member? Why or why not?

## Standing Up to Bullying

- 12: What do you think is the best way to stop someone from bullying another person?
- 13: How do you think you would feel if you stood up for someone who was being bullied?
- 14: What are the risks of standing up to someone who is bullying others?
- 15: What are the rewards of standing up to someone who is bullying others?
- 16: What do you think you could say to a person who is bullying others to convince them to stop?
- 17: How do you think someone who is being bullied would feel if you stood up for them?
- 18: Have you ever wanted to stand up for someone who was being bullied but didn't? What held you back?
- 19: Have you ever stood up for someone who was being bullied? How did it feel?
- 20: What can you personally do to put an end to bullying?

## Spreading Kindness

- 21: How does it feel when other people accept you for who you are?
- 22: How do you think we can make school a welcoming place?
- 23: How do you wish students here treated one another?
- 24: How does it feel when other people notice your strengths, abilities, and effort?
- 25: What are 3 things you could say to someone to let them know you recognize their strengths, abilities, or effort?
- 26: How can you show kindness to someone you don't normally interact with today?
- 27: What do you think the term "kindness ripple effect" means?
- 28: How do you think experiencing kindness can affect someone long-term (over the course of their life)?
- 29: Think of the kindest person you know. How do they spread kindness?
- 30: Name 3 things you can do to show others you accept them for who they are.
- 31: How can you encourage others to accept people for who they are?