


a n i n s t a n t h e l p b o o k f o r t e e n s

the

bullying workbook

for teens



activities to help
you deal with
social aggression
and cyberbullying

- * learn **antibullying**
tips and strategies
- * **manage emotions**
that bring you down
- * build **self-esteem**
and **confidence**

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and more to do

Write a letter to a person who is bullying you. Let the bully know how his or her actions are affecting you. You won't actually give this letter to the bully, so you can write openly about what you're thinking and feeling.

Dear _____,

Today I, _____, am taking the first step to regain control of my life. You've singled me out and picked on me for too long. Enough is enough, and I won't take it anymore. I am going to equip myself with the tools I need to work through my feelings, build my confidence, and cope with bullying.

When you _____, I feel
(Write down the ways you're being bullied.)

anxious angry annoyed ashamed scared sad _____
(Circle all that apply; use the blank line to add other feelings.)

You've been doing these things since _____.

I want you to stop _____

(List the things you want the bully to stop doing to you.)

Remember when _____

(Write about one of your worst experiences with the bully.)

Well, that's not going to happen again. I am
determined brave confident strong secure fearless _____
(Circle all that apply; use the blank line to add other feelings.)

and I am taking the power away from you right now.

Confidently,

(your signature)

for you to do

Create a Safety First Agreement by initialing beside each statement. Use the blank lines to add your own ideas. Think of trusted adults that you can share your agreement with (for example, a parent, a teacher, or another trusted adult).

I agree that my safety comes first. I will get help immediately if

_____ I am in physical jeopardy.

_____ I feel threatened.

_____ I begin to panic.

_____ I feel like there is no hope.

_____ I begin to pull away from people and lose interest in things I once enjoyed.

_____ I have thoughts of harming myself.

List the people you will give a copy of your agreement to.

Keep your agreement in a place you can easily get to. Refer to it when you feel like your safety is in jeopardy.

for you to do

Read the statements below and circle "Public" or "Private" to indicate whether you think the statement is something you should share online or keep offline. Then, explain why you chose your answer.

"First home game tomorrow ... this one better not be rained out."

Public

Private

Why _____

"I've had the worst day ever and nobody cares."

Public

Private

Why _____

"Luv my bestie. XOXO"

Public

Private

Why _____

"Things I HATE: snow, teachers, and HER."

Public

Private

Why _____

"happy birthday ho! :) jk love you!"

Public

Private

Why _____

and more to do

It can be hard to talk about your feelings, but identifying what you are actually feeling and talking about it can help. Read the feelings words below, and circle the ones you've experienced. Next time you're feeling that way, try to talk about it with a friend, a family member, or trusted adult. Add your own feelings words if you wish.

Afraid	Flustered	Perplexed
Aggravated	Frustrated	Rattled
Ambivalent	Furious	Regretful
Angry	Guilty	Resentful
Anxious	Helpless	Self-conscious
Apathetic	Hopeless	Sensitive
Appalled	Impatient	Suspicious
Ashamed	Insecure	Uncomfortable
Baffled	Irritated	Uneasy
Confused	Jealous	Unsettled
Depressed	Lonely	Vulnerable
Detached	Mistrustful	Weary
Devastated	Nervous	Worried
Discouraged	Overwhelmed	_____
Embarrassed	Panicked	_____

for you to do

Circle any activities below that you currently do or are willing to try. Use the blank lines to add other activities.

- | | | |
|--------------|-------------------------|----------------|
| Aerobics | Hockey | Skiing |
| Archery | Horseback riding | Sledding |
| Badminton | Jogging | Soccer |
| Baseball | Jumping jacks | Softball |
| Basketball | Kayaking | Stretching |
| Bowling | Lacrosse | Surfing |
| Boxing | Martial arts | Swimming |
| Canoeing | Mowing lawns | Tennis |
| Cheerleading | Pilates | Volleyball |
| Cycling | Push-ups | Walking |
| Dancing | Racquetball | Washing cars |
| Diving | Raking lawns | Weight lifting |
| Fishing | Rock climbing | Yoga |
| Football | Rope jumping | Other |
| Frisbee | Rowing machine | _____ |
| Gardening | Running | _____ |
| Golf | Sit-ups | _____ |
| Gymnastics | Skateboarding | |
| Hiking | Skating (roller or ice) | |

and more to do

Humorous things happen all the time, but often we don't notice them. For the next week, pay special attention to the funny things that happen around you, whether on TV, in real life, or online. Mark this page so you can record all the things you notice.

Day	Situation	What Was Funny
1		
2		
3		
4		
5		
6		
7		

Did you notice more humorous things than you normally do? Explain.

for you to do

For each of these situations, circle whether or not you have control.

Control	No Control	Someone posts something mean about you.
Control	No Control	You lash out against someone and post mean things about that person.
Control	No Control	A group of people starts to exclude you when they hang out.
Control	No Control	You create a website to get people to stop bullying.
Control	No Control	Someone uploads a vulgar picture of you.
Control	No Control	You begin to stand up for yourself.
Control	No Control	Someone hacked into your email.
Control	No Control	You give out your online password.
Control	No Control	Someone takes your private information and uses it against you.
Control	No Control	You post a picture of someone online without that person's consent.

Do you notice a pattern? Every situation that begins with "You" is within your control because you are in control. You probably also noticed that some of those situations aren't positive, like posting a picture without the person's consent. In life, you'll be faced with many negative situations. The key is to understand what you have control over and avoid the consequences associated with making a poor decision. And when you realize that you control your own actions, you can make sure those actions are good ones.

and more to do

For the next week, record each time you bash yourself. Write down what you thought and then reframe it.

Date	Situation	Self-Bashing Thought	Reframed Thought

How did you feel when you self-bashed?

How did you feel when you reframed your negative thoughts to more realistic, positive ones?

and more to do

It's important to do things that make you feel good, especially if you're in an isolation trap. Take time each day to do an activity you enjoy. Use the chart below to keep track of how it affects you.

Day	Activity	How I Felt Before	How I Felt After
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

for you to do

How much do you know about depression? Take the myth or fact quiz below to test your knowledge.

	Myth or Fact	
1. Depression is an illness.	<input type="checkbox"/>	<input type="checkbox"/>
2. A person who is sad has depression.	<input type="checkbox"/>	<input type="checkbox"/>
3. You can get over depression by just thinking happy thoughts.	<input type="checkbox"/>	<input type="checkbox"/>
4. Anyone can get depression.	<input type="checkbox"/>	<input type="checkbox"/>
5. Anger in teens can be a symptom of depression.	<input type="checkbox"/>	<input type="checkbox"/>
6. Something bad has to happen to cause depression.	<input type="checkbox"/>	<input type="checkbox"/>
7. Talking about depression will make it worse.	<input type="checkbox"/>	<input type="checkbox"/>
8. If left untreated, depression can result in risky behavior.	<input type="checkbox"/>	<input type="checkbox"/>
9. Depressed people are loners.	<input type="checkbox"/>	<input type="checkbox"/>
10. Professionals can help with depression.	<input type="checkbox"/>	<input type="checkbox"/>

If you are experiencing symptoms of depression, please seek help.

and more to do

Have you ever felt like there's no hope? Put a check next to each statement that is true of you.

- 1. I feel sad more often than not.
- 2. I don't like to hang out with my friends anymore.
- 3. I'm more jumpy when I'm around a lot of people.
- 4. I sleep a lot more than I used to.
- 5. I have a lot of trouble concentrating.
- 6. My grades have dropped.
- 7. I'm easily angered and frustrated for no obvious reason.
- 8. I've lost weight.
- 9. I've gained weight.
- 10. I am always worried about what others think of me.
- 11. I feel like people are talking about me all the time.
- 12. I feel alone.
- 13. I don't have anyone I can turn to.
- 14. I cry a lot more than I used to.
- 15. I have panic attacks.
- 16. I've stopped doing things I once enjoyed.
- 17. I get tired frequently.
- 18. Sometimes I feel like it would be better if I weren't around.
- 19. I have thoughts of harming myself.
- 20. I have tried to harm myself.

and more to do

Draw the outline of a bottle. Inside, write frustrating things that you're bottling up. Beside each thing, write how long it's been bothering you: a week, a month, a year?



What can you do to release your frustration about each of these things?

for you to do

Try the FEAR formula with your own personal bullying situation. If you need more space, use a separate sheet of paper.

Familiarize: As quickly as you can, write down your fears about this situation.

Evaluate: Record whether each fear you listed is real or perceived.

Actions: Describe how your fears are affecting your actions.

Reality: Write down what the real fear is.

List some things you can do to help you deal with the situation.

and more to do

Anxiety can be manageable. During the next week, keep a record of how your anxiety affects you, what you do to alleviate it, and how well your actions work.

Day	What Provoked My Anxiety	How My Anxiety Affected Me	What I Did to Alleviate It	How It Worked
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

for you to do

For each of the following situations, write one word to describe how you would feel.

Your parents are going through a rough divorce, while all your friends' parents are happily married.

You just moved to a new town and don't know anyone.

Your best friend gets mad at you and posts a reveals you

You and your best friend have a fight, and she posts pictures of herself with other people at the restaurant you two always hang out at.

Your parents don't have enough money to buy you a new outfit for the school dance, so you wear the one you wore to the last dance.

Someone points it out to everyone.

It is easy to make judgments about others if you don't understand the situation. It's also easy to take a situation personally if you don't know the whole story. The next time you find yourself jumping to a conclusion, try to empathize with the other person.

and more to do

Kindness and empathy go hand in hand. When you practice kindness, you build awareness about how others are feeling, and kindness can be a helpful expression of empathy toward others. Everyone should practice random acts of kindness on a daily basis. Hold doors open, offer assistance to those in need, or help a younger sibling who is having trouble with homework. The idea is not to make a big deal out of being kind, but to just make it a part of your daily routine.

Practice one random act of kindness a day for the next week and write what you did, how it made you feel, and how the person receiving your kindness seemed to feel.

Day	What I Did	How I Felt	How the Other Person Seemed to Feel
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

And don't stop just because the week is over: keep being kind!