that's what i am

RESOURCES FOR STUDENTS

www.kidshealth.org/teen
www.nsteens.org
www.pbskids.org/itsmylife/friends/bullies
www.stopbullying.gov/teens
I am empathetic, that’s what I am!

Empathy is being able to imagine the feelings and thoughts of another.

Write about a time when you have shown or felt empathy:

Write about a time when you wish you would have shown or felt empathy:

What is your personal goal for practicing empathy?

How can empathy help you deal with a bullying situation?

Your Thoughts:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
Identity

I have an identity; I am who I want to be!

Identity means having a sense of self. When you have an identity, you stay true to who you are and what you believe in.

Write about a time when you have stayed true to who you are:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Write about a time when you wish you would have stayed true to who you are:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What is your personal goal for portraying a sense of self?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How can a strong sense of identity help you in a bullying situation?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Dignity

I treat others with dignity, that’s what I do!

Dignity is behaving in a way that shows self-respect and a sense of pride.

Having human dignity means believing every human being is worthy of honor, respect, and ethical treatment.

Write about a time when you have shown you have human dignity:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Write about a time when you wish you would have shown human dignity:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What is your personal goal for demonstrating human dignity?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How can valuing human dignity help you deal with a bullying situation?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
I am courageous, that’s what I am!

Courage is being able to act in accordance with one’s beliefs in difficult situations.

Write about a time when you have demonstrated courage:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Write about a time when you wish you could have demonstrated courage:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What is your personal goal for gaining courage?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How can courage help you deal with a bullying situation?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I am resilient, that’s what I am!

Resiliency is the ability to bounce back from challenging and painful situations.

Write about a time when you were resilient:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Write about a time when you wish you could have been more resilient:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What is your personal goal for being resilient?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How can resiliency help you deal with a bullying situation?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

“Life is about timing, opportunity and choices.”
Responsibility means to respond when appropriate and to be accountable for your actions. When you are responsible, you are trusted.

Write about a time when you were responsible:

__________________________________________________________

__________________________________________________________

__________________________________________________________

Write about a time when you should have been responsible but were not:

__________________________________________________________

__________________________________________________________

__________________________________________________________

What is your personal goal for making sure people know they can count on you?

__________________________________________________________

__________________________________________________________

__________________________________________________________

How can responsibility help you deal with a bullying situation?

__________________________________________________________

__________________________________________________________

__________________________________________________________

Friendship means to make and keep a friend through mutual trust and understanding.

Write about a time when you have been a good friend:

__________________________________________________________

__________________________________________________________

__________________________________________________________

Write about a time when you could have been a better friend:

__________________________________________________________

__________________________________________________________

__________________________________________________________

What is your personal goal for being a good friend?

__________________________________________________________

__________________________________________________________

__________________________________________________________

How can a friend help you deal with a bullying situation?

__________________________________________________________

__________________________________________________________

__________________________________________________________
I am a moralist, **that’s what I am!**

Morality means knowing the difference between right and wrong and being willing to choose and stand up for what is right. Being a moralist means you value the importance of honesty and doing the right thing.

“*It’s for the sake of the children that I won’t deny it, true or not.*”

Write about a time when you made the right choice:

__________________________________________________________________________

__________________________________________________________________________

Write about a time when you wish you would have made a better choice.

__________________________________________________________________________

__________________________________________________________________________

What is your personal goal for being able to stand up for what is right?

__________________________________________________________________________

__________________________________________________________________________

How can the ability to stand up for what is right help you in a bullying situation?

__________________________________________________________________________

__________________________________________________________________________

I am an advocate, **that’s what I am!**

Advocacy is supporting or standing up for something or someone in the face of adversity.

“*Leave him alone!*”

Write about a time when you were an advocate for another person:

__________________________________________________________________________

__________________________________________________________________________

Write about a time when you felt like being an advocate but chose not to do so:

__________________________________________________________________________

__________________________________________________________________________

What is your personal goal for being an advocate? Name something or someone you plan to advocate for.

__________________________________________________________________________

__________________________________________________________________________

How can advocacy help someone else in a bullying situation?

__________________________________________________________________________

__________________________________________________________________________