

## Introduction (5 minutes)

*Read the introduction to bullying awareness and prevention:*

This worksheet is designed to help students aged 13-15 understand the concept of bullying, its types, effects, and prevention strategies. The activities and questions in this worksheet aim to promote empathy towards victims and encourage critical thinking and problem-solving skills.

## Multiple Choice Questions (15 minutes)

*Choose the correct answer for each question:*

1. What is the definition of bullying?
- A) Physical or verbal aggression towards someone
  - B) Unwanted or aggressive behavior towards someone
  - C) Ignoring or excluding someone
  - D) All of the above

2. Which of the following is a type of bullying?
- A) Verbal bullying
  - B) Physical bullying
  - C) Social bullying
  - D) All of the above

3. What is a common effect of bullying on victims?
- A) Increased self-esteem
  - B) Improved social relationships
  - C) Anxiety and depression
  - D) Better academic performance



### Short Answer Questions (20 minutes)

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Answer each question in complete sentences:

1. Describe a situation where you witnessed or experienced bullying. How did it make you feel?

2. What are some ways to prevent bullying in schools?

3. How can we show empathy towards victims of bullying?

### Essay Question (30 minutes)

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*Imagine you are a bystander who witnesses bullying in your school. Describe what you would do to help the victim and prevent further bullying. Be sure to include ways to promote empathy and understanding towards the victim.*

## Bullying Scenario (20 minutes)

*Read the following scenario and answer the questions that follow:*

Sarah is a new student in school and is being bullied by a group of students. They call her names and exclude her from games during recess. How would you help Sarah? What would you say to the bullies?

1. What would you do to help Sarah?

2. What would you say to the bullies?

3. How can you promote empathy towards Sarah?

## Bullying Prevention Strategies (25 minutes)

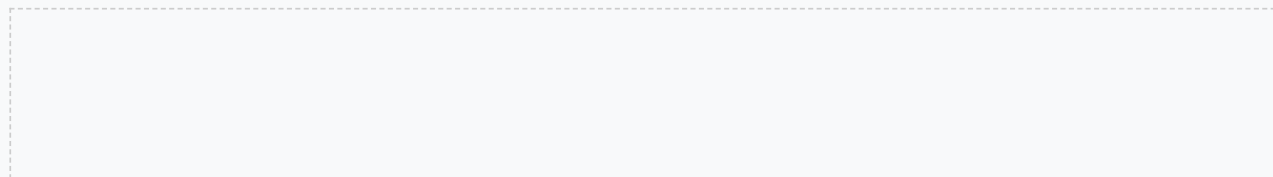
*Brainstorm and list at least 5 ways to prevent bullying in schools. Consider the following:*

- What can students do to prevent bullying?
- What can teachers do to prevent bullying?
- What can parents do to prevent bullying?

## Empathy Mapping (25 minutes)

Create a map or diagram that shows how bullying can affect a person's feelings and well-being. Consider the following:

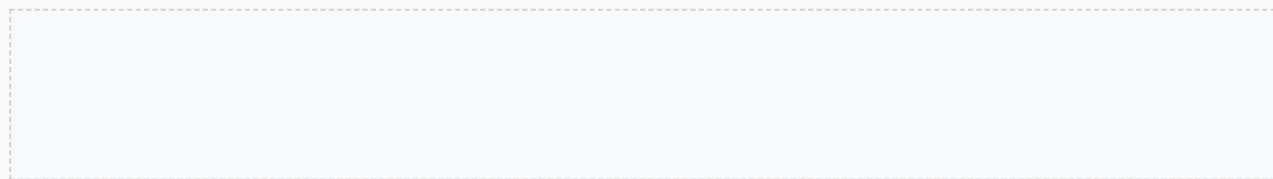
- How does bullying affect a person's self-esteem?
- How does bullying affect a person's relationships with others?
- How can we show empathy towards victims of bullying?



## Conclusion (10 minutes)

Summarize what you have learned about bullying awareness and prevention:

Bullying is a serious issue that affects many people. By understanding the types, effects, and prevention strategies of bullying, we can work together to create a safer and more supportive environment for everyone. Remember to always show empathy towards victims of bullying and to speak up when you witness bullying.



## Assessment Rubric

Use the following rubric to assess your understanding of bullying awareness and prevention:

- Definition and identification of bullying (20 points)
- Understanding of effects of bullying (20 points)
- Empathy towards victims (20 points)
- Prevention strategies (20 points)
- Critical thinking and problem-solving skills (20 points)

## Note to Teachers

*Please provide clear instructions and examples for each question type. Encourage students to ask questions and seek clarification if needed. Allow students to work individually and quietly. Circulate around the room to provide support and guidance. Collect and review assessments to provide feedback and identify areas for improvement.*

