



GRAB A BULLY BY THE HORNS

ACTIVITY BOOK


GrabABullyByTheHorns.com

What Is A Bully?

A bully is someone who:

- * Threatens to harm**
- * Picks on someone**
- * Uses words to hurt**
- * Physically hurts someone's body**
- * Enjoys making someone cry**





What Is Bulling?

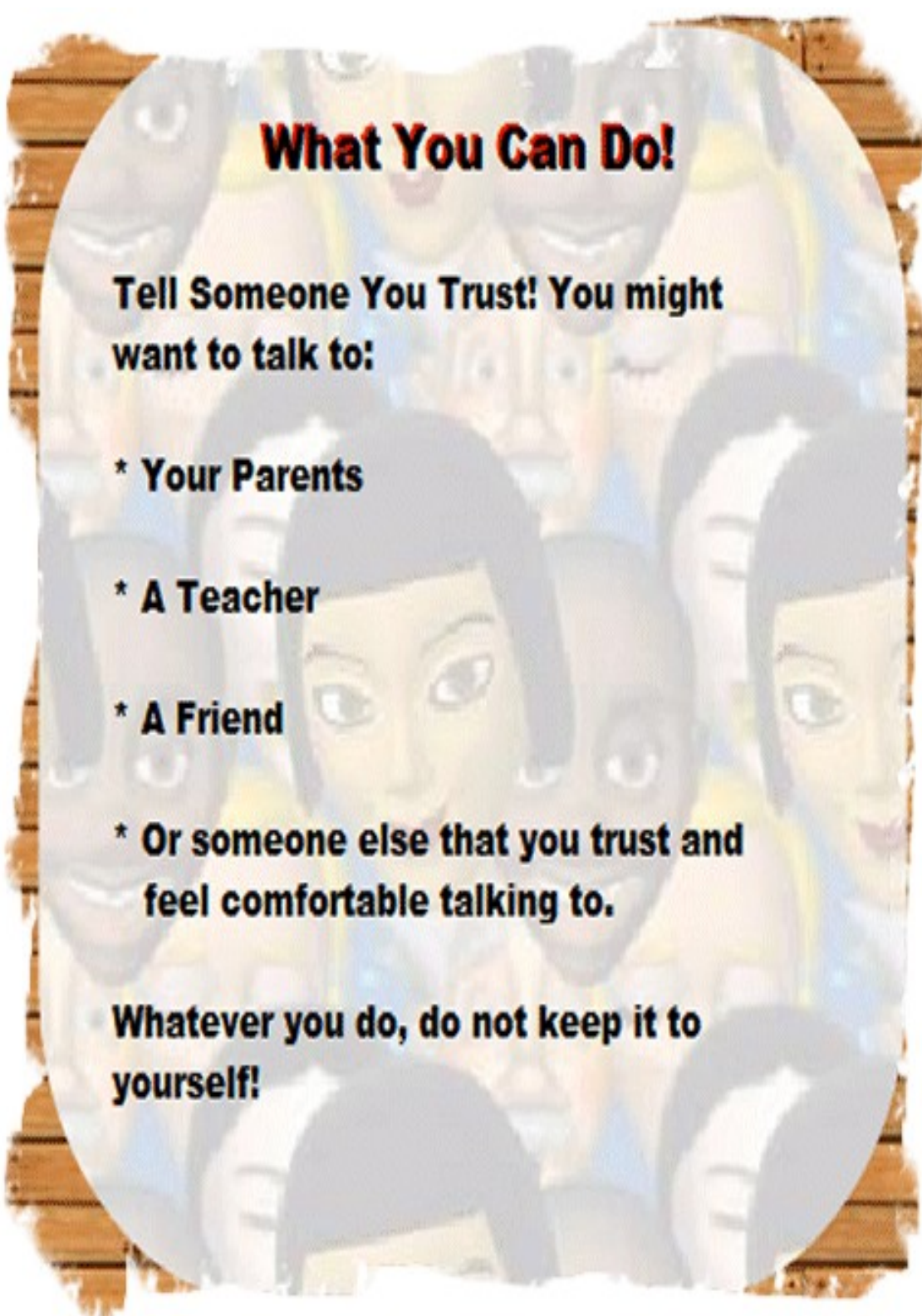
Bulling can be:

- * Someone calling you names**
- * Someone picking on you**
- * Someone sending you emails or messages you do not like**
- * Someone taking your friends away from you**
- * Someone threatening you harm**



What You Should Know!

- * Hurting or embarrassing people is their game.**
- * They often do not feel good about themselves.**
- * They may have been bullied.**
- * Some kids go along with bullying so that they won't be bullied.**
- * They feel good when they can make others feel bad.**



What You Can Do!

Tell Someone You Trust! You might want to talk to:

- * Your Parents**
- * A Teacher**
- * A Friend**
- * Or someone else that you trust and feel comfortable talking to.**

Whatever you do, do not keep it to yourself!



What The Person You Told Should Do!

- * They should keep a written record of when the bullying occurs.**
- * They should always be available to meet with you to ensure you're safe.**
- * They should tell you what has been done to help you.**
- * They should only do what you want them to do.**



Things You Can Do

- * **Do your best to stay away from isolated or unsupervised areas - bullies like to get you alone.**
- * **When confronted try and use humour to defuse the situation or simply walk away.**
- * **If someone is threatening to cause you bodily harm - RUN AWAY and report them.**
- * **Try and stay in groups or within supervised activities when in the schoolyard.**

BULLIES

Q	U	W	K	A	P	B	G	C	U	T	C	U	P	U	N	I	S	H	S
W	H	M	T	S	E	Z	I	N	O	G	A	T	N	A	E	B	M	I	M
W	H	Z	D	E	V	A	D	B	U	L	L	D	O	Z	E	R	T	M	Y
L	R	X	K	D	A	P	R	F	O	B	R	Q	B	B	E	A	T	X	R
X	O	V	E	R	B	E	A	R	I	N	G	I	B	U	E	U	E	M	K
O	D	O	M	I	N	E	E	R	I	N	G	U	T	Z	P	X	C	R	G
T	P	I	I	T	L	Q	O	I	O	E	L	M	I	U	C	X	U	O	P
I	B	R	U	F	F	I	A	N	G	L	E	R	D	V	Z	S	U	T	Y
G	M	E	N	A	C	E	J	R	Y	N	O	C	M	K	L	Y	S	A	B
J	W	Q	H	H	C	B	P	I	T	R	Q	H	J	K	N	T	D	D	R
G	W	U	V	C	O	Q	N	N	R	R	U	J	Q	Z	M	J	F	I	O
R	F	A	C	S	Z	G	J	E	R	O	Y	H	C	V	T	F	M	M	W
F	L	Y	S	B	O	H	T	T	B	W	J	A	K	I	N	K	O	I	B
T	P	N	H	F	G	R	I	A	V	D	E	R	I	C	A	T	X	T	E
D	E	X	W	U	Y	S	N	E	I	Y	Z	A	S	T	R	O	R	N	A
Y	S	M	O	U	K	W	A	R	C	T	A	S	F	I	Y	O	Y	I	T
Q	A	R	E	Q	D	T	W	H	I	B	V	S	U	M	T	T	L	O	E
H	E	B	E	A	P	J	V	T	B	K	V	E	Y	I	P	M	V	U	R
H	T	S	L	I	N	G	A	R	Y	L	L	U	B	Z	P	U	N	K	N
I	F	H	G	V	Y	Y	R	A	Y	X	T	Y	M	E	G	D	V	W	M

Antagonize

Beat

Boss

Browbeater

Bulldozer

Bullying

Bullyrag

Domineering

Harass

Huff

Intimidator

Overbearing

Meany

Menace

Punish

Punk

Rough

Ruffian

Rowdy

Tease

Terrorize

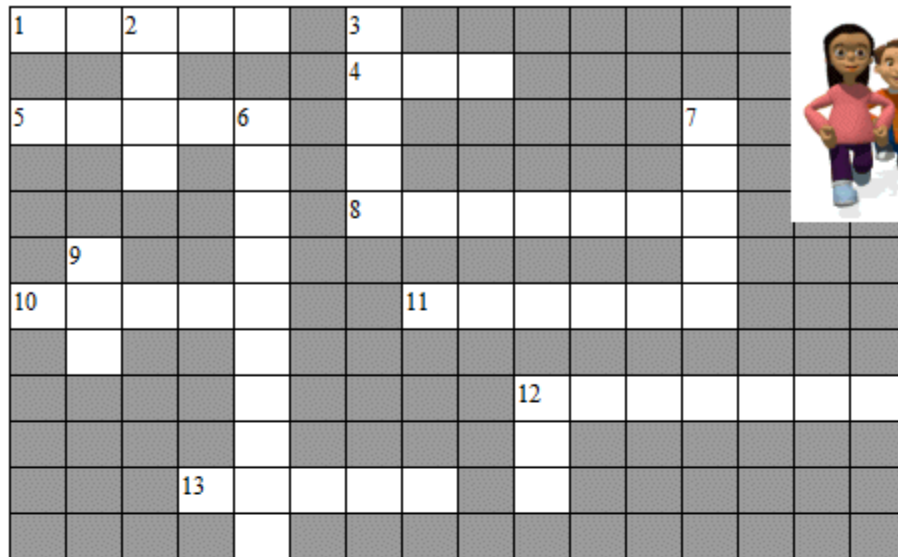
Threaten

Tyrant

Victimize

BULLY CROSSWORD

Are you bully smart?



ACROSS

1. No one has the _____ to bully others.
4. If a bully threatens to beat you up, you should _____.
5. Grab a bully by the _____.
8. Someone that is found at school that you might trust.
10. Bullies like to get you _____.
11. A bully might send you nasty or hurtful _____ or messages on the computer.
12. Some kids go along with bullies so that they are not _____ themselves.
13. When being teased, using _____ can often help to defuse the situation.

DOWN

2. A bully can be a boy or a _____.
3. If you are being bullied you should tell someone you _____.
6. Bullying is only _____ if no one does nothing about it.
7. A bully might use _____ to hurt your feelings.
9. A bully can be young or _____.
12. Bullies often feel good when they can make others feel _____.

WORD SCRAMBLE

	Scramble	Answer
1	liBseul	
2	eaisngT	
3	rtHu	
4	stigFh	
5	coolhS	
6	iallgemNnCa	
7	Prowe	
8	loAen	
9	lSnelTo eemo	
10	otuSrpp	

KINDNESS

D	Z	C	P	S	B	U	F	H	E	L	P	F	U	L	N	E	S	S	J
J	D	S	P	W	N	O	I	T	A	R	E	D	I	S	N	O	C	T	V
F	X	Y	R	G	Z	M	R	B	E	N	E	V	O	L	E	N	C	E	K
R	D	T	E	Z	S	S	E	N	S	U	O	E	T	N	U	O	B	W	E
I	S	I	C	P	L	E	A	S	A	N	T	N	E	S	S	T	M	R	L
E	W	R	O	Y	Q	R	W	J	Y	T	I	N	A	M	U	H	P	L	U
N	K	A	O	H	S	Q	P	U	O	K	F	S	M	O	I	V	I	V	A
D	G	H	P	T	C	L	O	Z	K	T	E	Q	N	P	X	W	L	V	Z
L	R	C	E	A	F	X	L	I	W	V	G	Y	V	C	D	C	Q	P	T
I	A	T	R	P	D	S	E	L	Q	V	T	W	N	O	F	I	A	K	E
N	C	B	A	M	G	C	C	Z	X	I	C	O	O	F	N	P	D	R	A
E	I	Z	T	Y	A	T	G	J	S	Y	K	G	R	Z	B	X	J	E	E
S	O	G	I	S	Q	Z	M	O	Z	P	A	D	U	P	E	S	C	T	N
S	U	E	O	O	Q	D	R	A	B	O	U	N	T	Y	L	R	V	C	G
W	S	K	N	A	N	E	C	C	O	M	P	A	S	S	I	O	N	E	E
T	N	S	S	E	N	E	L	T	N	E	G	V	Q	M	P	T	N	A	D
W	E	E	L	E	C	O	N	C	E	R	N	P	N	W	A	R	M	T	H
G	S	E	G	W	M	K	L	U	I	S	P	S	U	P	P	O	R	T	U
W	S	F	E	C	N	E	C	I	F	I	N	U	M	D	E	Z	Q	S	K
Z	Z	H	C	A	M	I	A	B	I	L	I	T	Y	B	P	V	C	D	X

amiability

benevolence

bounteousness

bounty

care

charity

compassion

concern

consideration

cooperation

friendliness

generosity

gentleness

goodwill

graciousness

helpfulness

humanity

munificence

pleasantness

support

sympathy

warmth

BULLIES SOLUTION

Q	U	W	K	A	P	B	G	C	U	T	C	U	P	U	N	I	S	H	S
W	H	M	T	S	E	Z	I	N	O	G	A	T	N	A	E	B	M	I	M
W	H	Z	D	E	V	A	D	B	U	L	L	D	O	Z	E	R	T	M	Y
L	R	X	K	D	A	P	R	F	O	B	R	Q	B	B	E	A	T	X	R
X	O	V	E	R	B	E	A	R	I	N	G	I	B	U	E	U	E	M	K
O	D	O	M	I	N	E	E	R	I	N	G	U	T	Z	P	X	C	R	G
T	P	I	I	T	L	Q	O	I	O	E	L	M	I	U	C	X	U	O	P
I	B	R	U	F	F	I	A	N	G	L	E	R	D	V	Z	S	U	T	Y
G	M	E	N	A	C	E	J	R	Y	N	O	C	M	K	L	Y	S	A	B
J	W	Q	H	H	C	B	P	I	T	R	Q	H	J	K	N	T	D	D	R
G	W	U	V	C	O	Q	N	N	R	R	U	J	Q	Z	M	J	F	I	O
R	F	A	C	S	Z	G	J	E	R	O	Y	H	C	V	T	F	M	M	W
F	L	Y	S	B	O	H	T	T	B	W	J	A	K	I	N	K	O	I	B
T	P	N	H	F	G	R	I	A	V	D	E	R	I	C	A	T	X	T	E
D	E	X	W	U	Y	S	N	E	I	Y	Z	A	S	T	R	O	R	N	A
Y	S	M	O	U	K	W	A	R	C	T	A	S	F	I	Y	O	Y	I	T
Q	A	R	E	Q	D	T	W	H	I	B	V	S	U	M	T	T	L	O	E
H	E	B	E	A	P	J	V	T	B	K	V	E	Y	I	P	M	V	U	R
H	T	S	L	I	N	G	A	R	Y	L	L	U	B	Z	P	U	N	K	N
I	F	H	G	V	Y	Y	R	A	Y	X	T	Y	M	E	G	D	V	W	M

KINDNESS SOLUTION

D	Z	C	P	S	B	U	F	H	E	L	P	F	U	L	N	E	S	S	J	
J	D	S	P	W	N	O	I	T	A	R	E	D	I	S	N	O	O	C	T	V
F	X	Y	R	G	Z	M	R	B	E	N	E	V	O	L	E	N	C	E	K	
R	D	T	E	Z	S	S	E	N	S	U	O	E	T	N	U	O	B	W	E	
I	S	I	C	P	L	E	A	S	A	N	T	N	E	S	S	T	M	R	L	
E	W	R	O	Y	Q	R	W	J	Y	T	I	N	A	M	U	H	P	L	U	
N	K	A	O	H	S	Q	P	U	O	K	F	S	M	O	I	V	I	V	A	
D	G	H	P	T	C	L	O	Z	K	T	E	Q	N	P	X	W	L	V	Z	
L	R	C	E	A	F	X	L	I	W	V	G	Y	V	C	D	C	Q	P	T	
I	A	T	R	P	D	S	E	L	Q	V	T	W	N	O	F	I	A	K	E	
N	C	B	A	M	G	C	C	Z	X	I	C	O	O	F	N	P	D	R	A	
E	I	Z	T	Y	A	T	G	J	S	Y	K	G	R	Z	B	X	J	E	E	
S	O	G	I	S	Q	Z	M	O	Z	P	A	D	U	P	E	S	C	T	N	
S	U	E	O	O	Q	D	R	A	B	O	U	N	T	Y	L	R	V	C	G	
W	S	K	N	A	N	E	C	C	O	M	P	A	S	S	I	O	N	E	E	
T	N	S	S	E	N	E	L	T	N	E	G	V	Q	M	P	T	N	A	D	
W	E	E	L	E	C	O	N	C	E	R	N	P	N	W	A	R	M	T	H	
G	S	E	G	W	M	K	L	U	I	S	P	S	U	P	P	O	R	T	U	
W	S	F	E	C	N	E	C	I	F	I	N	U	M	D	E	Z	Q	S	K	
Z	Z	H	C	A	M	I	A	B	I	L	I	T	Y	B	P	V	C	D	X	

WORD SCRAMBLE SOLUTION

Scramble	Answer
liBseul	Bullies
eaisngT	Teasing
rtHu	Hurt
stigFh	Fights
coolhS	School
iallgenNnCa	Name Calling
Prowe	Power
loAen	Alone
lSnelTo eemo	Tell Someone
otuSrpp	Support