

# Anti-Bullying Check list



Tick things that can help you make better choices.

- ☐ I can help someone
- ☐ I can stop name calling
- ☐ I can say positive things about other people
- ☐ I can smile more often
- ☐ I can stand up for someone who is being picked on
- ☐ I can be kind
- ☐ I can stop rumours by not repeating them
- ☐ I can use my hands for helping not for hurting
- ☐ I can think before I speak
- ☐ I can be thoughtful to someone else
- ☐ I can be respectful to others
- ☐ I can speak up and report bullying to an adult

