



Public Legal Education  
and Information Service  
of New Brunswick

# Let's **STOP BULLIES!**



## Activity Book

**This Activity Book is published by:**



**Public Legal Education  
and Information Service  
of New Brunswick**

P.O. Box 6000  
Fredericton, NB E3B 5H1

Tel: (506) 453-5369

Fax: (506) 462-5193

Email: [pleisnb@web.ca](mailto:pleisnb@web.ca)

[www.legal-info-legale.nb.ca](http://www.legal-info-legale.nb.ca)

[www.youthjusticenb.ca](http://www.youthjusticenb.ca)

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**Let's  
STOP BULLIES!**



# Let's STOP BULLIES!

Hello! My name is Aspin.  
I go to Beaver Valley School with  
my friends. We play lots of games  
and have fun. We learned how to  
stop bullies. By the time you finish  
the games and puzzles you will know  
how to stop bullies too.

This book belongs to:

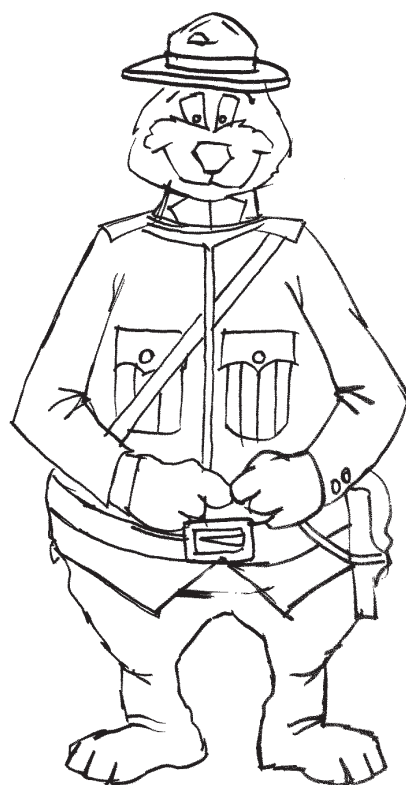
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*Would you like to meet my friends? Let's start by getting to know each other. Please colour us in!*



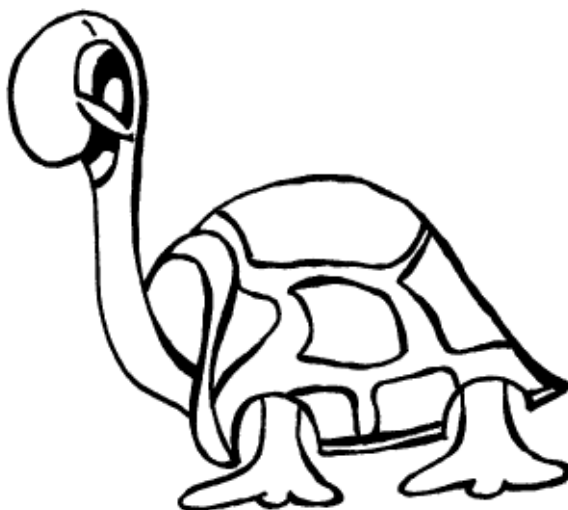
Aspin



RCMP Safety Bear



Buzz



Shelly





Flutter



Buddy Beaver



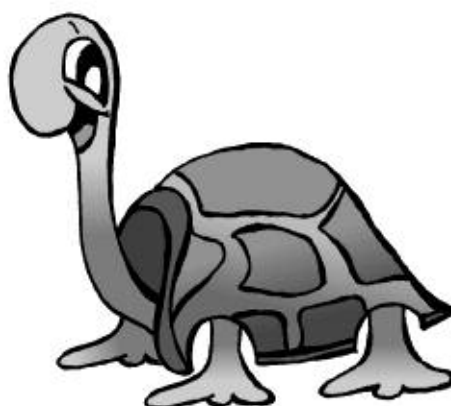
Acorn



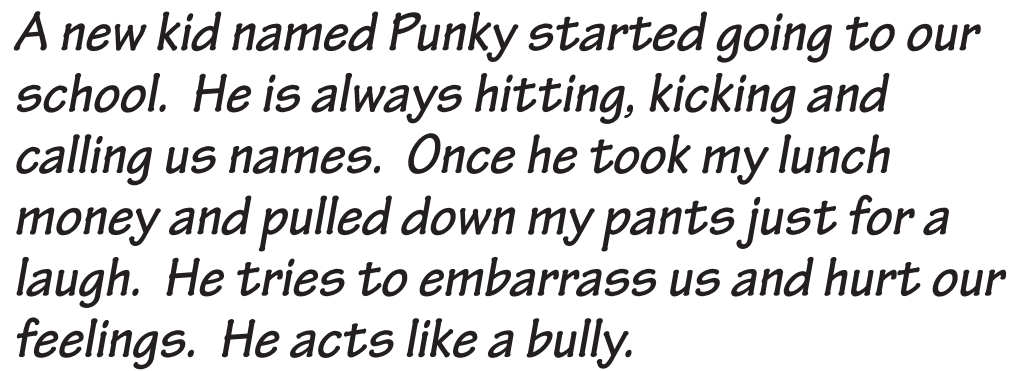
Punky

## Activity 1: Find the bully

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



**Let's Stop Bullies!**



Think of other ways that bullies hurt our feelings.  
Write them down.

[illegible]



### Activity 3: Find the missing word

Can you find the words in the WORDSEARCH game?  
Circle all the words. What do the left over letters spell?

SHAKE, SHOVE, PUSH, KICK, HIT, SPIT

S	P	U	S	H
K	H	P	B	I
U	I	O	L	T
T	L	C	V	Y
S	H	A	K	E

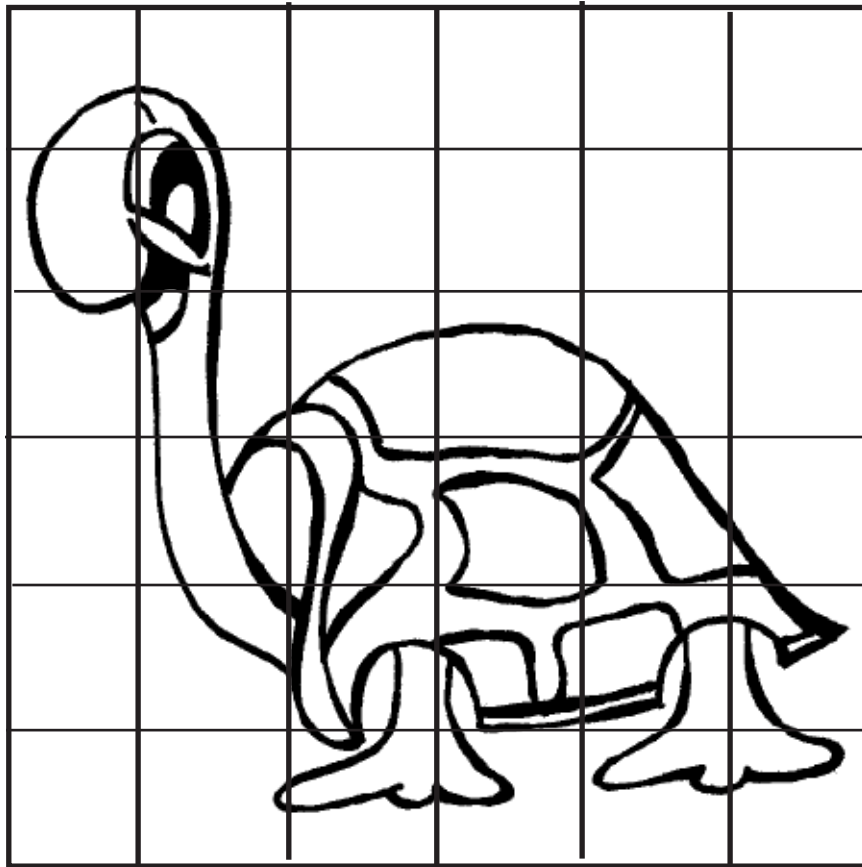
The missing word is...

\_\_\_\_\_

Let's Stop Bullies!

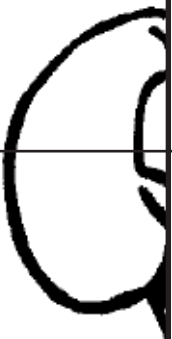
7

*When I get home from school I like to draw pictures of my friends. Here is the picture I drew of Shelly. Tomorrow I am going to take my picture to school and show Shelly.*



## Activity 4: Draw Shelly

You can draw Shelly too. All you have to do is copy the boxes on page 8. I will do the first box for you.

*One day, Punky asked me to play with him. I wanted to be his friend but he told me not to play with my other friends Shelly and Flutter. I told him, “No way! They’re my friends too.”*

*While I was walking away, Punky threatened to start bad rumours about me. Punky said, “I am going to tell everyone that Aspin eats dirty worms.” I began to worry the other kids would believe him. My stomach started to feel sick.*

### **Activity 5: Listening to bullies**

Would you stop playing with someone because a bully tells you to? Why?

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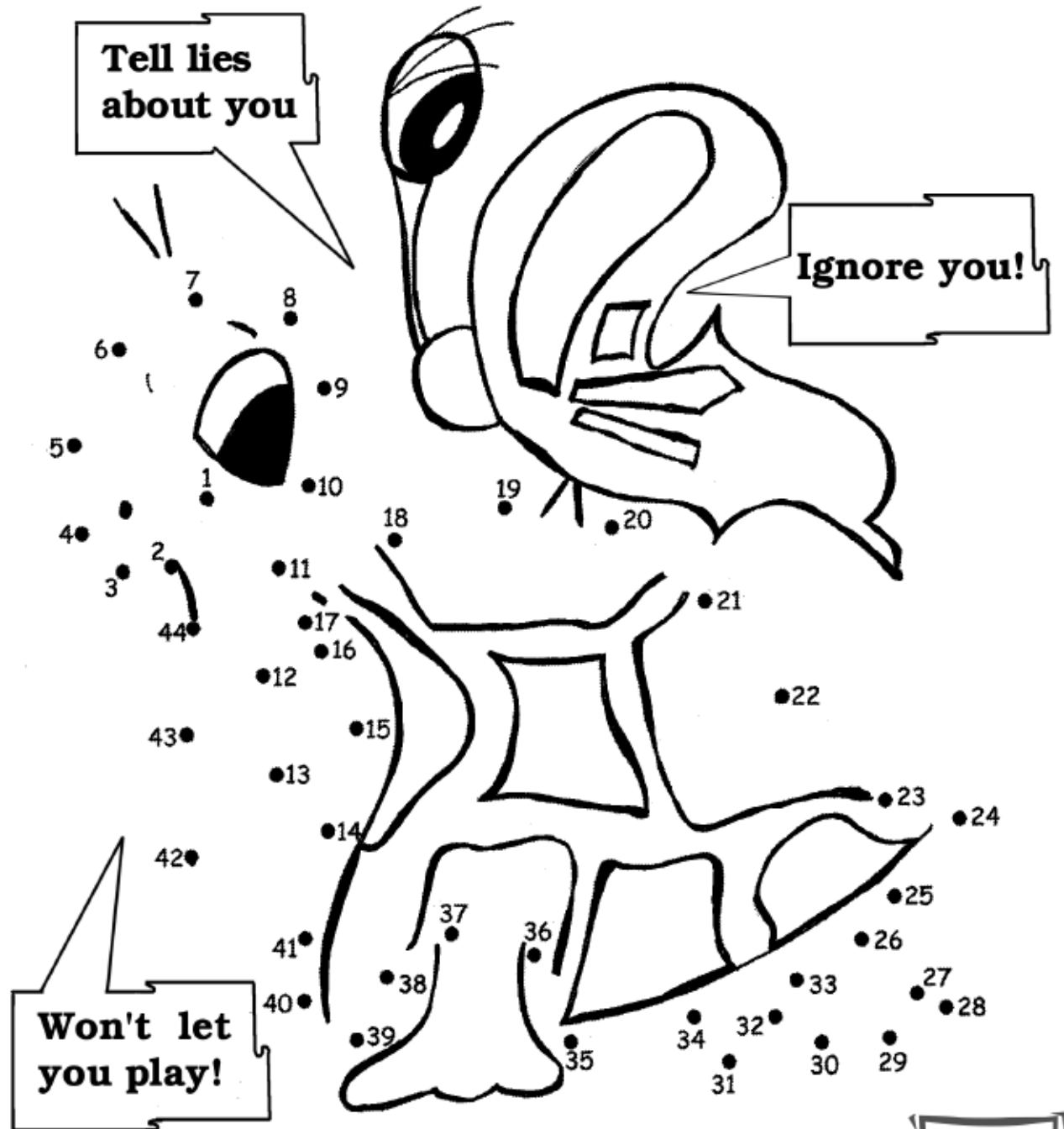
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## Activity 6: Connect the dots

Here are some ways that bullies can make you feel afraid or alone.



Let's Stop Bullies!



*One day at lunchtime Punky started kicking Shelly and me. I was afraid. I said, "Why are hurting us? We've never done anything to hurt you. Why can't we all be friends?"*

*Punky said, "Because you won't do what I tell you to." Then Punky pushed me down and kicked Shelly again.*

*"Stop!," yelled Shelly, "I'll be your friend, just stop hurting us."*

*Buzz was laughing at us.*

### **Activity 7: Write your ideas**

Can you think of other ways that bullies can make you feel afraid or alone?

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## Activity 8: Connect the word

Choose a word from the list and draw a line that connects to the picture it describes.



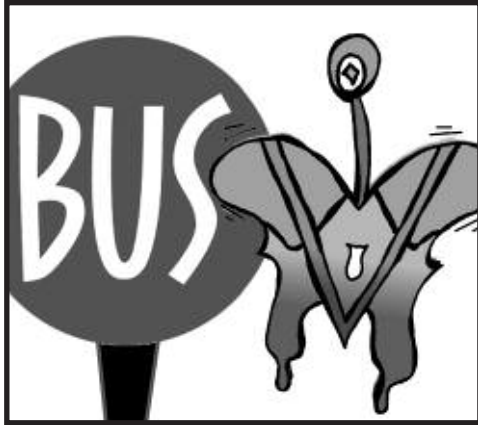
**Pinch**

**Spit**

**Shove**



**Kick**



*After school Flutter and I were waiting at the bus stop. We were playing with my new Game Toy. We saw Shelly walking toward us with Punky.*

*Punky said, "Shelly grab Aspin's Game Toy." Shelly said, "O.K."*

*Shelly grabbed my toy. Punky and Shelly played with it until it broke. I didn't say anything. I was mad they broke my toy. I didn't know why Shelly was being mean too.*

## **Activity 9: Why bullies have helpers**

Why do you think Shelly is acting like a bully?

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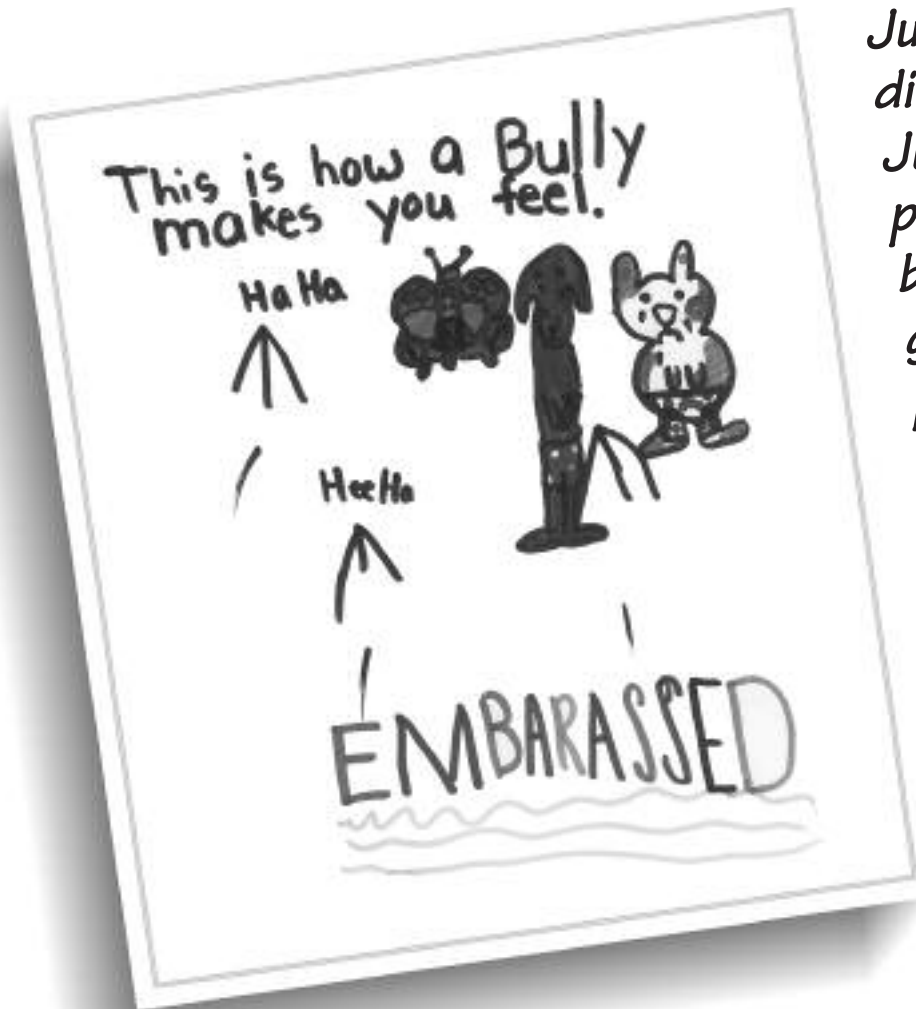
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## Activity 10: Write about bullies

[illegible]

*When I got home I went over to my friend's house. Her name is Julia and we go to different schools.*

*Julia and I drew pictures about how bullies make us feel. I gave Julia my picture and she gave me her picture. This is Julia's picture. I am going to take it to school tomorrow and show it to my teacher.*





## **Activity 11: How bullies make you feel**

Draw a picture about how bullies make you feel.



*The next day at school I showed the picture to my teacher Miss Tinker. I told Miss Tinker that Punky was being a bully. I asked, "Why is Punky so mean to everyone?"*

*Miss Tinker said, "Punky is trying to get your attention or make others laugh. Maybe another bully is picking on him."*

*Miss Tinker asked, "What do you think we could do to help?"*

*I said, "Let's draw pictures about bullies and talk about it."*

## **Activity 12: Find the missing word**

Fill in the missing letters to guess the words.  
You can find big clues above.

Another b \_ \_ \_ y could be  
p \_ \_ \_ \_ \_ g on Punky.

Punky wants at \_ \_ \_ \_ ion.

To make others l \_ \_ \_ h.





## Activity 13: Why bullies bully

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

*Later that morning Miss Tinker said, "Let's all draw a picture to tell other kids - Don't be a bully." This is my picture. We talked about our pictures and then Miss Tinker hung them all around the classroom.*



## **Activity 14: Let's stop bullies**

*Draw your own picture about stopping bullies.*

*The next day at school before Miss Tinker arrived I walked into the classroom and saw Shelly and Punky calling Acorn names.*

*“Acorn is fat. Acorn smells.”*

*Acorn was crying and everyone was laughing. I felt sad for Acorn because I know how much name calling hurts your feelings.*



## Activity 15: Name calling hurts

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

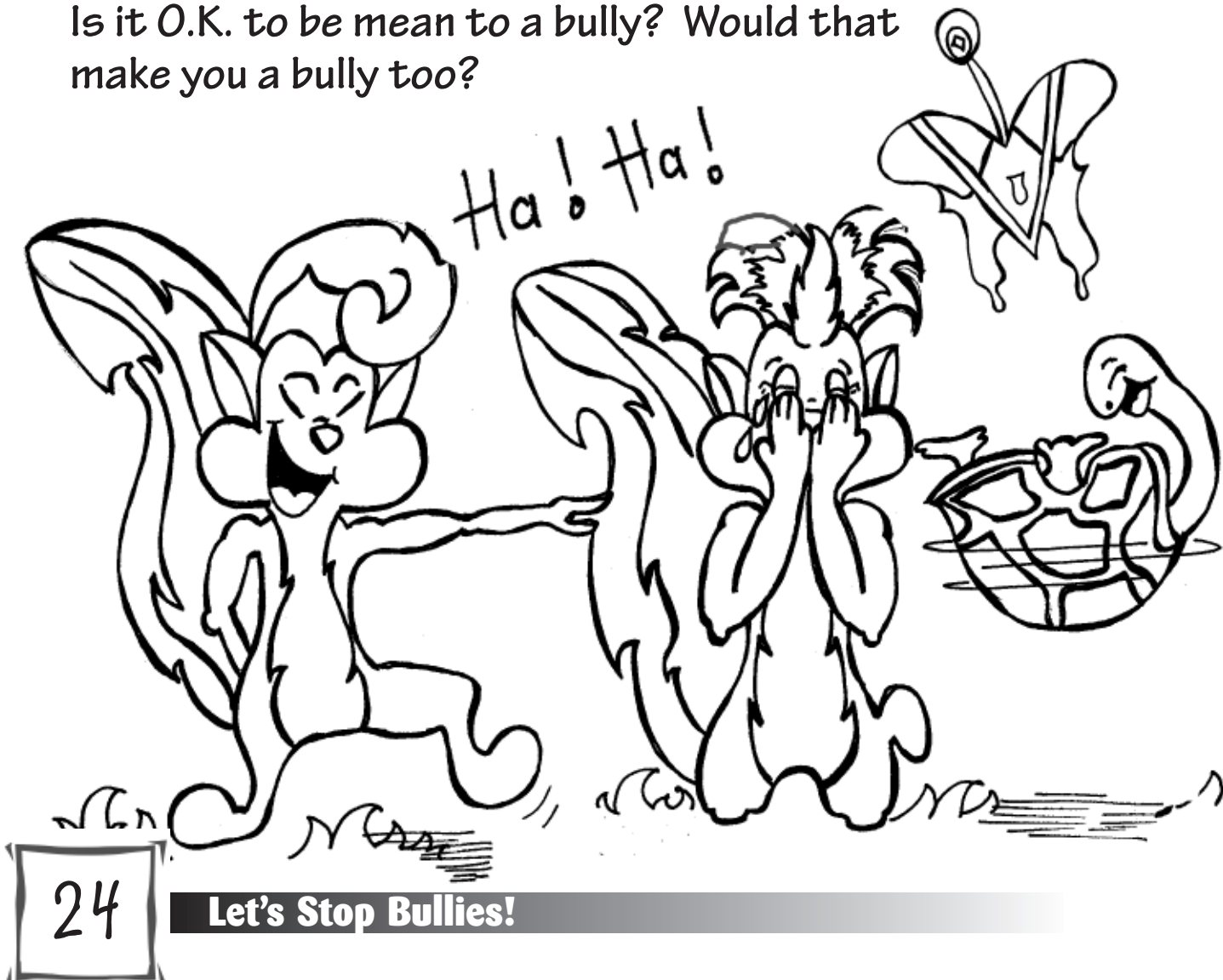
*At lunchtime I walked over to Shelly and said, "I have an idea. Let's pick on Punky, then maybe all the bullying will stop."*

*Shelly said, "O.K. let's try."*

*So we started calling Punky bad names. Before too long Punky started to cry. Flutter was watching and laughing at Punky.*

### **Activity 16: Being mean back**

Is it O.K. to be mean to a bully? Would that make you a bully too?





*Buddy Beaver, the neighbourhood crime prevention helper, was walking across the schoolyard. He saw us teasing Punky. He saw Flutter was watching and laughing.*

*Buddy Beaver looked at us and said, "Stop that teasing! Why are you bullying Punky?" Then he looked at Flutter and said, "You shouldn't stand back and laugh. You should tell Aspin and Shelly not to be mean. Or you could get somebody to help."*

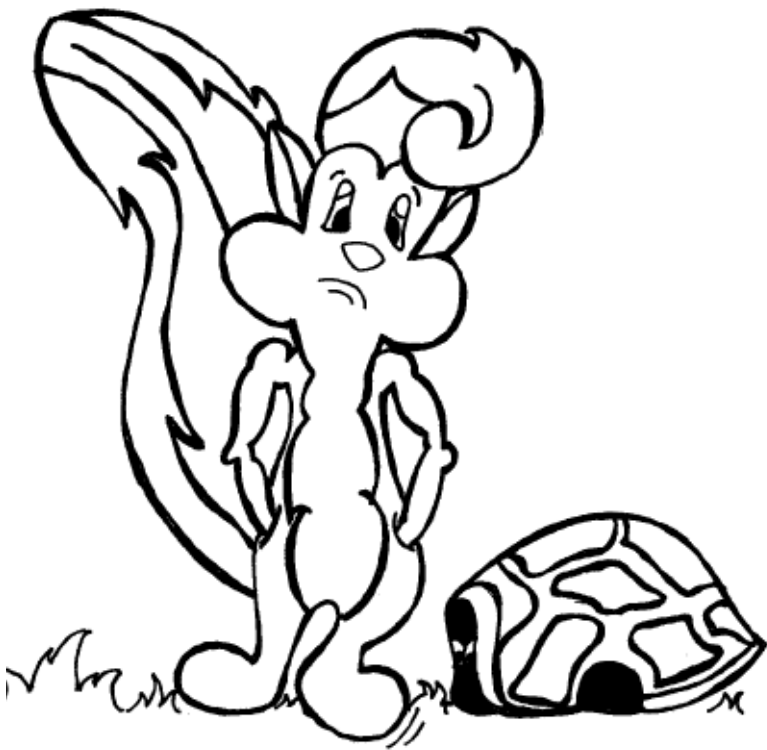
*We told Buddy that Punky was mean to us all week. We wanted to get back at him.*

*"So, who is the bully now?" said Buddy Beaver.*



*Buddy Beaver said, "Acting like a bully won't solve your problems." We felt really bad for the way we acted. Buddy Beaver told us how to stop bullies and how to stop acting like a bully. He said, "Tell the bully how you feel. If you are scared, walk away and find help. Try to be friends and get along."*

*"Acting like a bully won't solve your problems."*



# How to stop a bully

Walk away

Go to a Block  
Parent House



Tell the bully  
how you feel

Ask a grown-up  
for help

Ask your friends  
for help



Tell the Bully  
to STOP

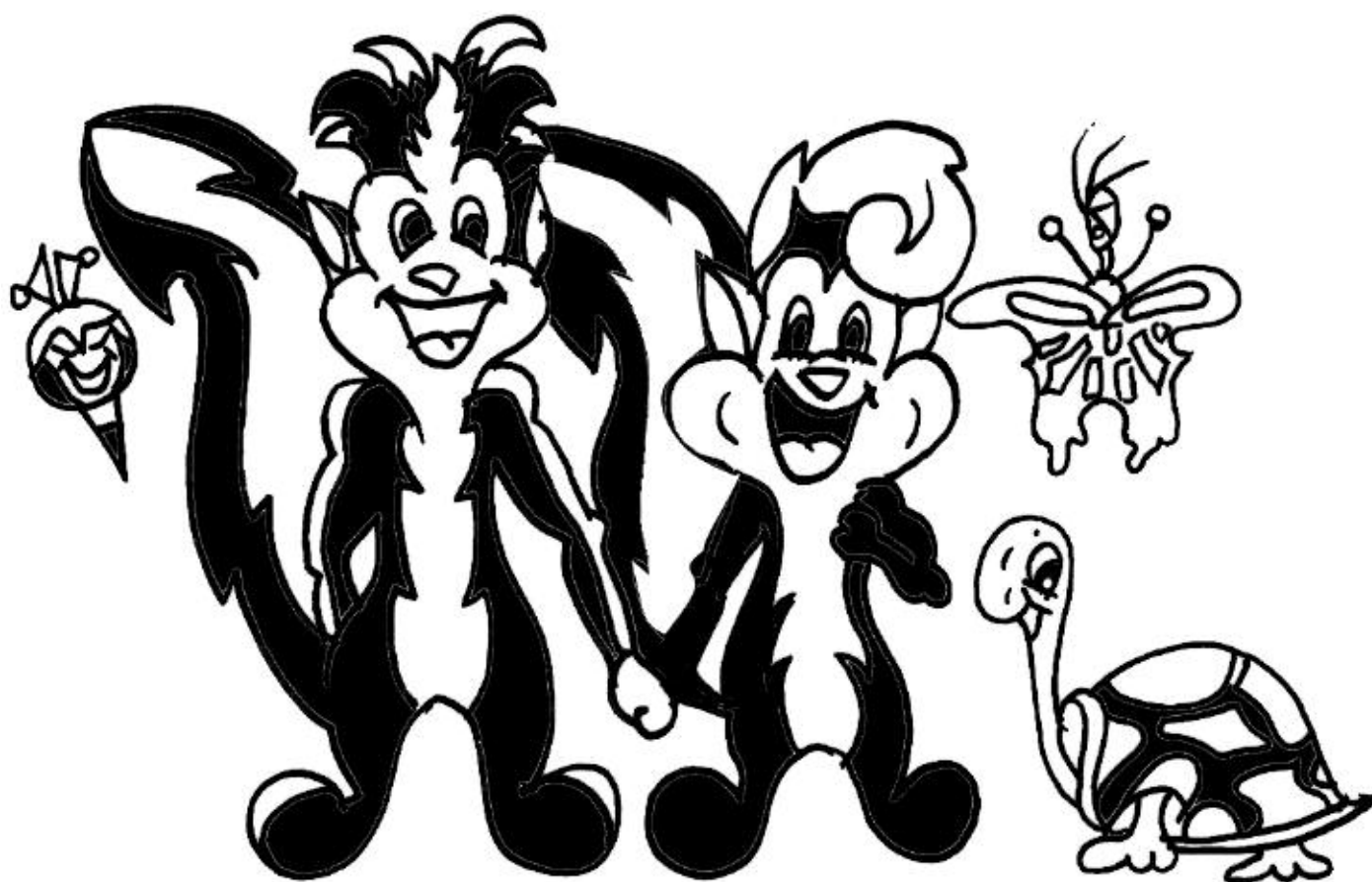
Can you think of other ways to stop a bully?

Let's Stop Bullies!

*Afterwards, we went looking for Punky to apologize. We told Punky we were sorry and we would like to be good friends.*

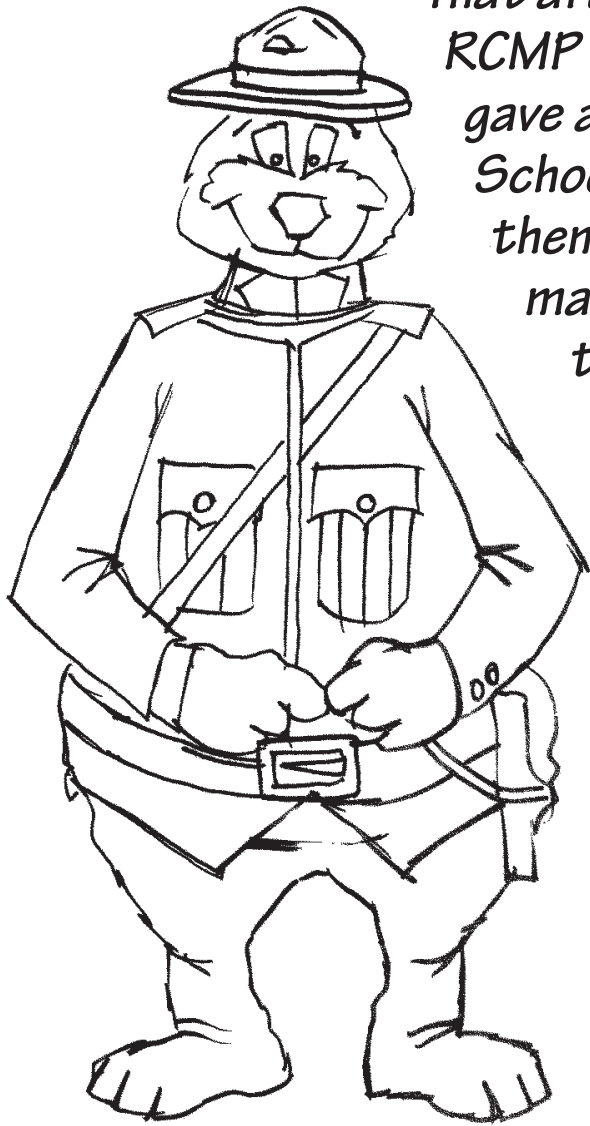
*“Sure, that would be nice,” said Punky.*

*It’s nice being friends.*



## Activity 17: Stopping a bully

[illegible]



*That afternoon, Miss Tinker invited RCMP Safety Bear to our school. He gave all the kids at Beaver Valley School an activity maze to help them learn more about bullies. The maze shows how important it is to walk with friends and to know about safe places to go if you feel scared.*

*Thanks to Miss Tinker, Buddy Beaver and RCMP Safety Bear, we learned a lot about bullies. Now we know that it is mean to pick on anyone - even the bully. Kids get hurt and feel bad when somebody bullies them. If we stand around and watch or laugh when someone is acting like a*

*bully then we are helping the bully to be mean.*

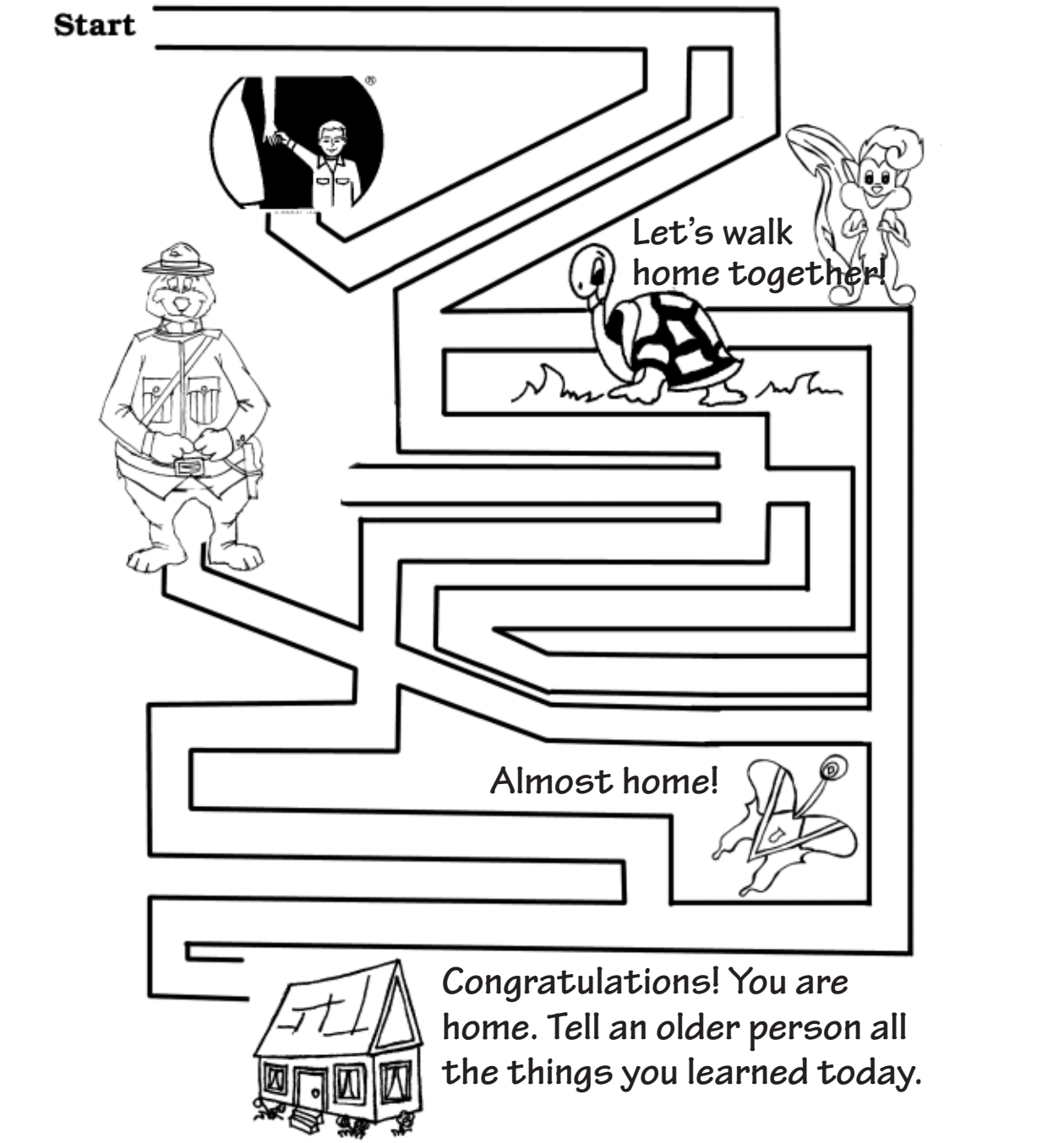
*I hope you liked visiting my school and that it helped you understand more about bullies. Did you learn how to stop a bully? We did!*



## Activity 18: The Maze - find your way home

Let's walk through the maze and get home safely.

**Start**



**Let's Stop Bullies!**

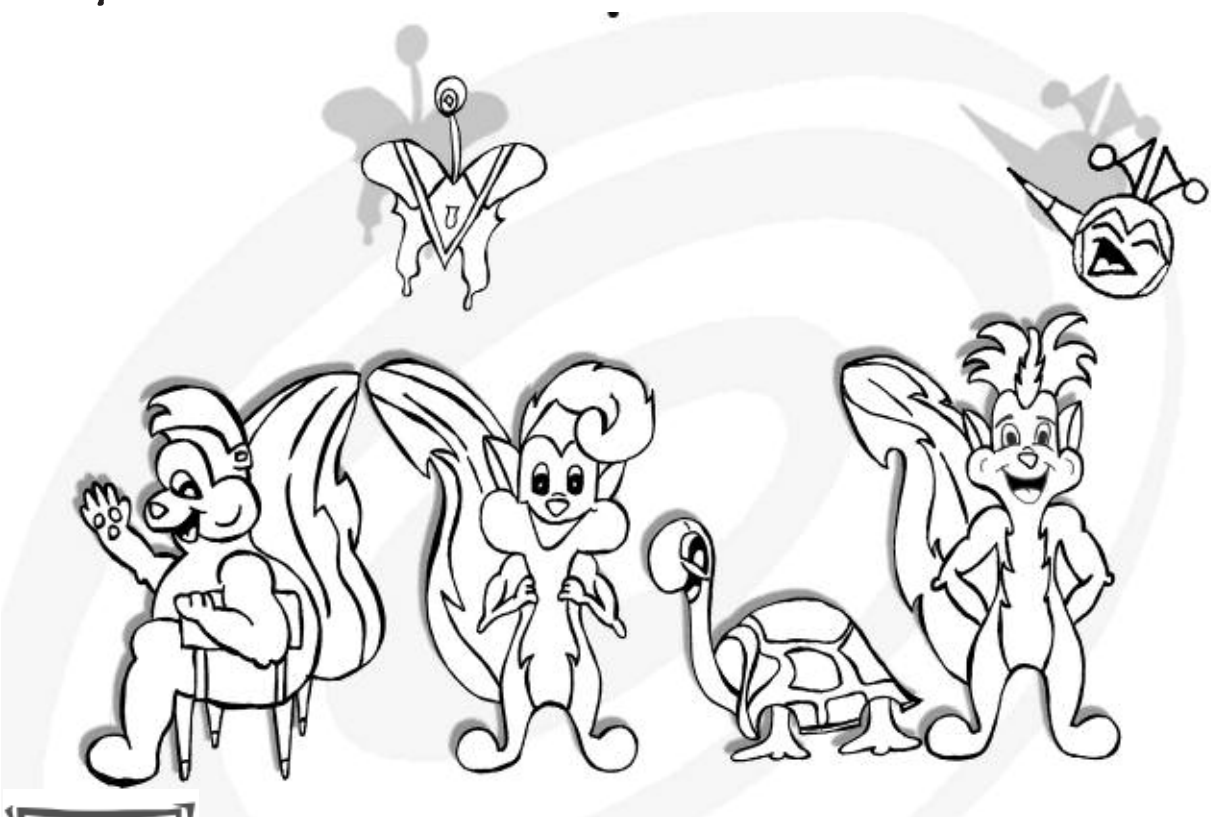
*Remember, if you are being bullied be sure to tell someone like your teacher or your Mom or Dad. They can help you feel better. I'm glad we have talked about bullying and the ways to stop it. Now the kids at Beaver Valley School are happy again.*

*Miss Tinker says that tomorrow our class can make a special pledge necklace. We are going to trace a picture of our hands. Then we will put our name in the middle and make this promise...*

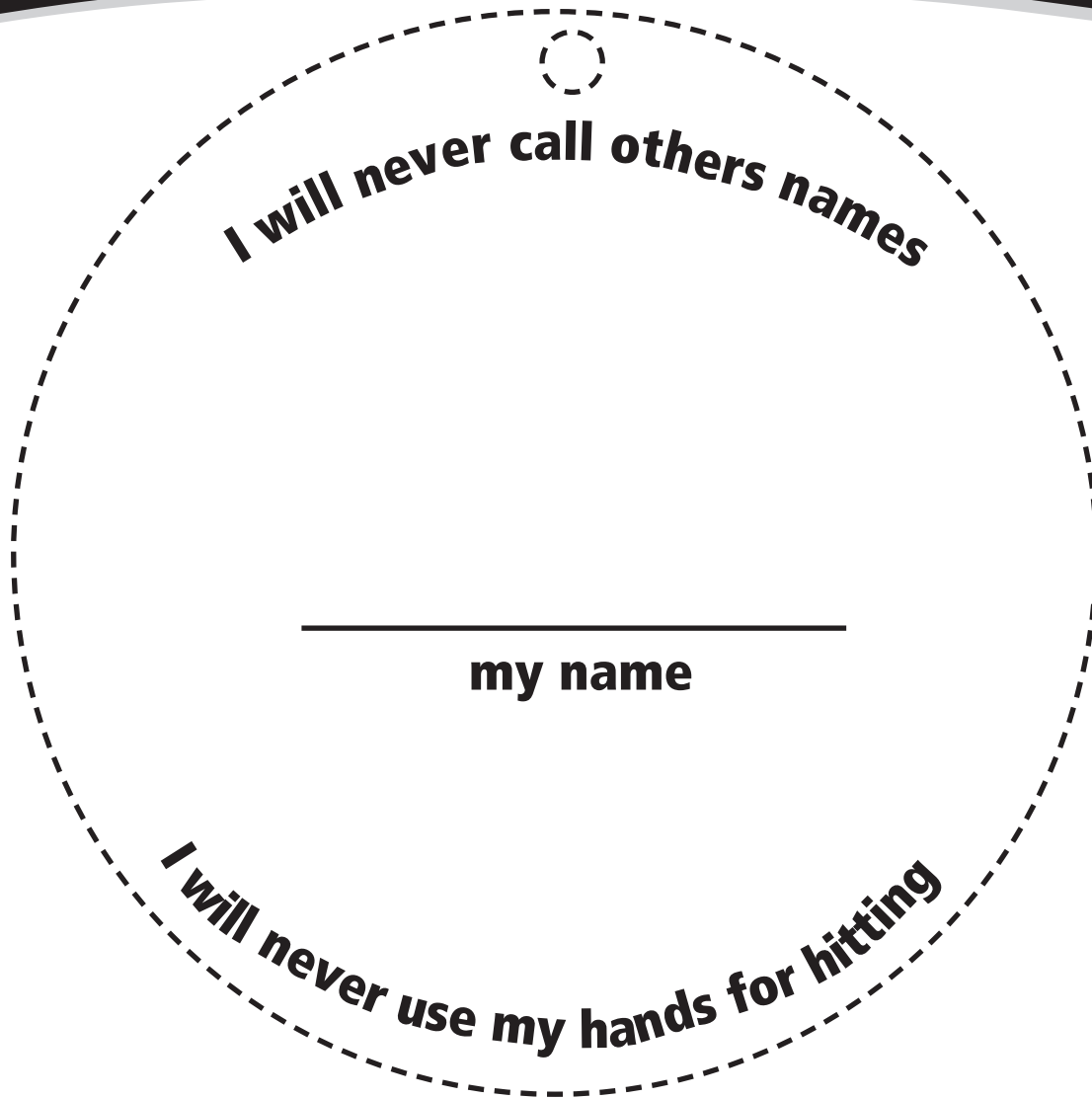
*I will never call other kids names*

*I will never use my hands for hitting*

*Before you go, make yourself a pledge necklace and say the promise.*



## Activity 19: Make a pledge



### Instructions:

1. Put your hand in the circle
2. Draw around your fingers
3. Sign your name
4. Cut around the dotted lines
5. Ask your teacher or an adult to
6. poke a hole in the small circle for you.
6. Get a piece of string and put it through the hole. Tie both ends. You can wear it like a necklace or hang it someplace special.

**Excellent! You have made your own pledge necklace.**

