**Action Plan** - Verbal Bullying

**Instructions:** Use this activity to think about the bullying you experienced or may experience and come up with a plan for how you will deal with the bullying if it happens again.

1. **Think**: Write down what happened and what reactions you had to the bullying.

**2) Relax**: Think about how you will decide to control your emotions. List something specific you will do for each.

* Breathing exercise

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* Concentrate on something else

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* Relax tight muscles

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* Use visualization

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* Stay positive

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* Use positive self-talk

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**3) Strategies:** Choose actions you will take to stop the bullying.

* Walk away/leave the situation
* Respond to the bully
* Be assertive/confident
* Use Fogging
* Use a comeback line
* Report the bullying
* Talk to a friend
* Talk to an adult/ask for advice
* Other ideas

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**4) Action Plan**

Take your answers from steps 1-3 and map out your action plan here. Be as detailed as possible! Write down exactly what you will do to keep your emotions in check, what adults or friends you will talk to, etc. Try to come up with at least two different plans of action.

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