



# **GRAB A BULLY BY THE HORNS**

## **ACTIVITY BOOK**

[GrabABullyByTheHorns.com](http://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?**

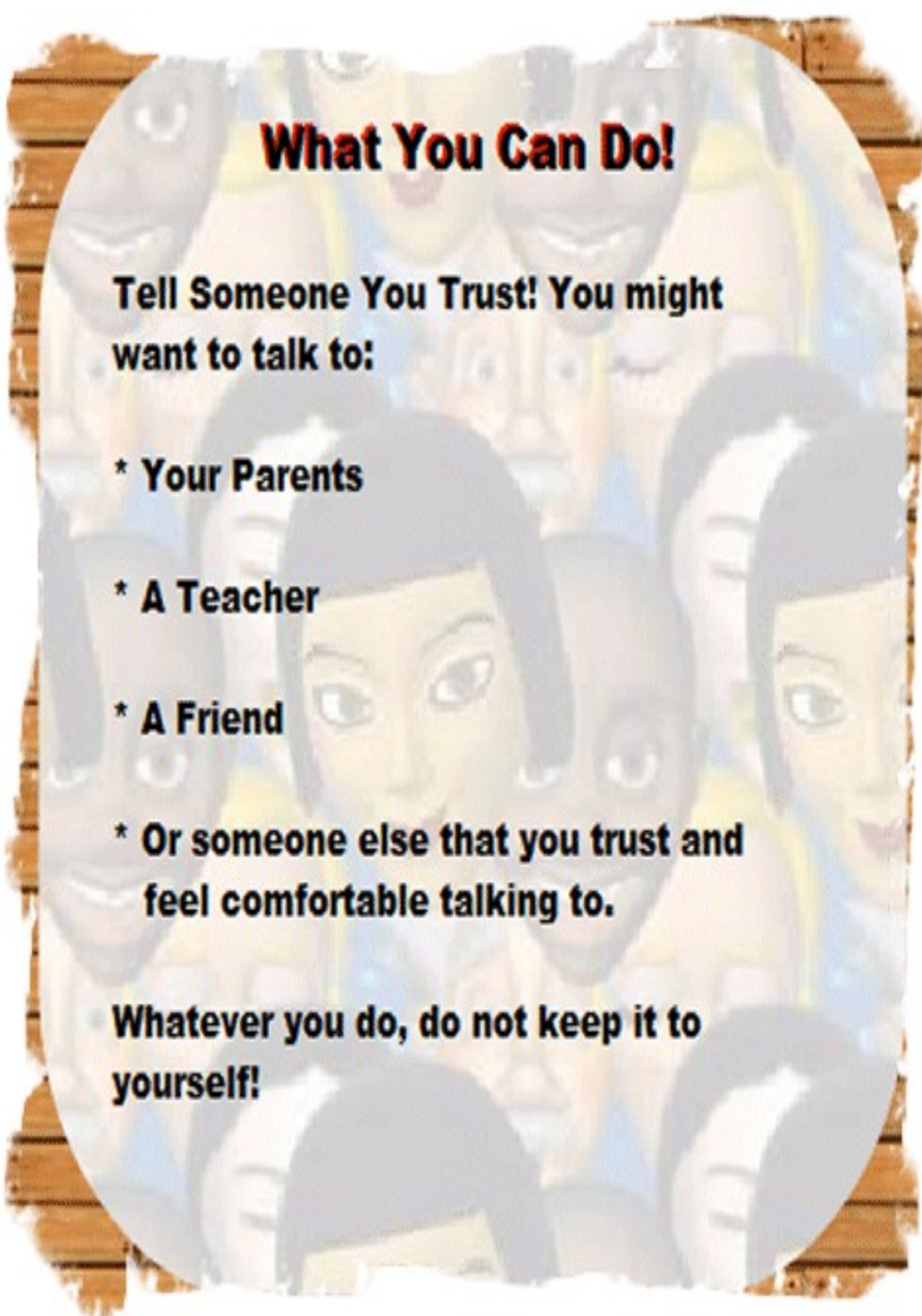
**Bulling can be:**

- \* 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

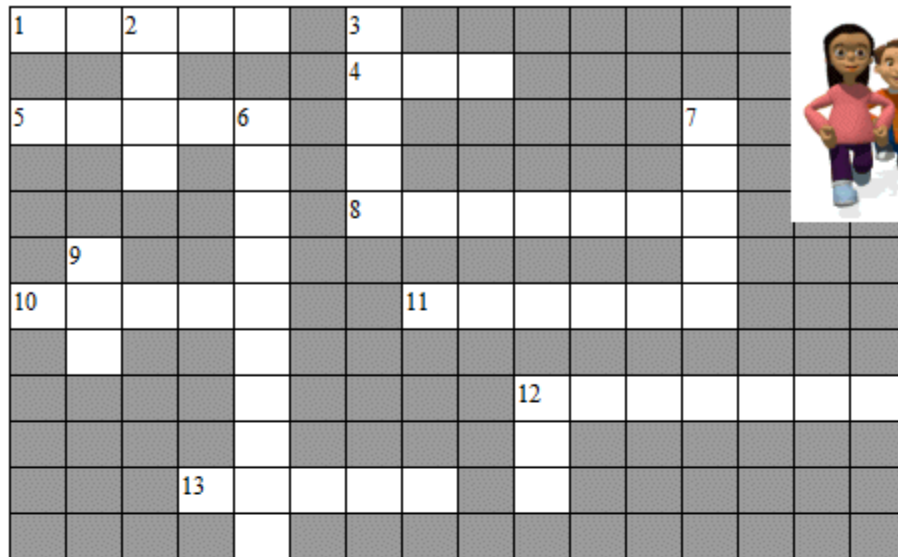
**Antagonize**  
**Beat**  
**Boss**  
**Browbeater**  
**Bulldozer**  
**Bullying**  
**Bullyrag**  
**Domineering**  
**Harass**  
**Huff**  
**Intimidator**  
**Overbearing**

**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