



Bullying Journal Prompts

Name: _____

Select from the prompts below and answer in your journal.

1. Provide 2 examples from a movie or a TV show that would be considered bullying.
2. Give an example of a time when somebody wasn't loyal to you and state how it made you feel.
3. How would you feel if a friend promised to wait for you and you discovered that your friend didn't wait and went off with somebody else.
4. What does it mean to be loyal ?
5. Why does everyone refer to dogs as being loyal ?
6. Describe how you would feel if you found out that your friend was spreading rumors about you? What would you do ?
7. Describe a time when you were teased, how did you feel? What did you do?
8. Describe a time when you or your friend were called a name, tell how it made you feel.
9. Describe what it means to 'do the right thing'.
10. You just witnessed somebody picking on a younger person. What would you do?
11. List three qualities of a good friend and state why.
12. What does the term Mean Girls mean to you ?
13. Why do people struggle with forgiveness ?
14. Describe how you could calm down an angry friend.
15. What does holding a grudge mean ?
16. Describe a time when you were treated unfairly and describe how you felt.
17. Have you ever been blamed for something you didn't do? Describe it.
18. Discuss how you would respond to the following statement: You are so stupid, you probably failed everything on your report card.
19. Have you ever called anyone a show off or have you heard somebody else being called a show off ? What does it mean ? What does it say about a person ?
20. What would you do if you lost a game and were called a loser ?