

Heroes, Not Bullies Study Guide



4 Activities

This study guide contains 4 activities you can do with students before or after the Heroes, Not Bullies Assembly:

1. Discussion Questions Below
2. 25 Bullying and Character Word Puzzles: www.abrakid.com/msca Print or show them on your screen. Answers are at the end.
3. Bullying Crossword Puzzle
4. Bullying Word Search

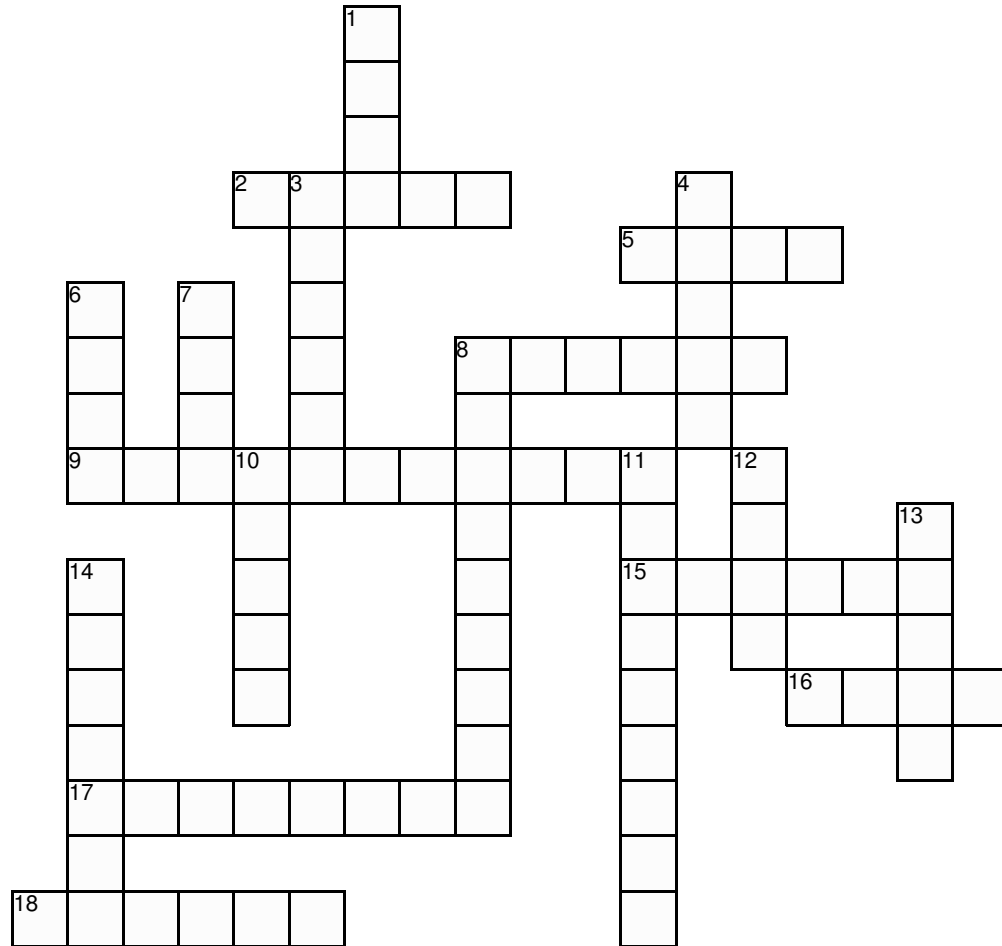
Discussion Questions

1. What are some examples of bullying? Possible answers: Teasing, hitting, fighting, deriding, excluding.
2. How can a bully get YOU in trouble? Possible Answer: If you argue or fight with him, then you both may get into trouble.
3. If you are being bullied, should you fight the bully? No. Stand Tall, ask for help, figure out your choices, end it calmly.
4. What should you do if you SEE bullying occur? Help out, empathize with the victim, report to an adult, keep open communication.

Name: _____

Bullying Crossword Puzzle

Complete the crossword below



Created on TheTeachersCorner.net Crossword Maker

Across

2. Bullying can be done by an individual or ____.
5. The 'S' in 'SAFE' stands for 'Stand ____'.
8. Being a bully makes you a smaller person. Helping others makes you a __ person.
9. What does the 'E' stand for in 'HERO'?
15. The 'E' in 'SAFE' stands for 'End it ____'.
16. The 'O' in 'HERO' stands for ____ communication.
17. A bully is identified not how they look, but rather by their ____.
18. Bullying can be physical or ____.

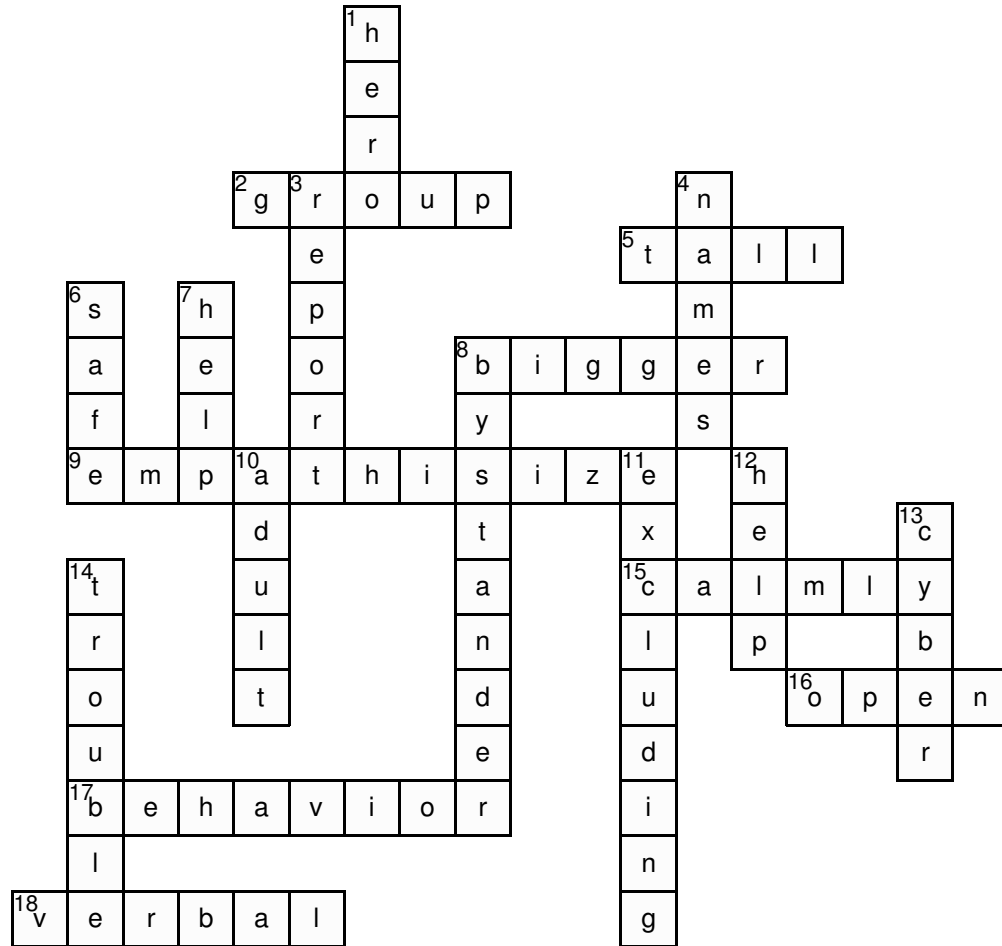
Down

1. This acronym is great to remember if you see bullying occurring.
3. What does the 'R' stand for in 'HERO'?
4. Bullies can call you ____.
6. What acronym reminds us how to act if you are bullied?
7. The 'A' in 'SAFE' stands for 'Ask for ____'.
8. If you see bullying, do not be a ____.
10. If you are bullied, tell an ____.
11. ____ someone from a group is a form of bullying.
12. What does the 'H' stand for in 'HERO'?
13. Bullying online is called ____ bullying
14. Bullies can get you in ____.

Name: _____

Bullying Crossword Puzzle

Complete the crossword below



Created on TheTeachersCorner.net Crossword Maker

Across

2. Bullying can be done by an individual or _____. (**group**)
5. The 'S' in 'SAFE' stands for 'Stand _____. (**tall**)
8. Being a bully makes you a smaller person. Helping others makes you a ___ person. (**bigger**)
9. What does the 'E' stand for in 'HERO'? (**empathisize**)
15. The 'E' in 'SAFE' stands for 'End it _____. (**calmly**)
16. The 'O' in 'HERO' stands for ___ communication. (**open**)
17. A bully is identified not how they look, but rather by their _____. (**behavior**)
18. Bullying can be physical or _____. (**verbal**)

Down

1. This acronym is great to remember if you see bullying occurring. (**hero**)
3. What does the 'R' stand for in 'HERO'? (**report**)
4. Bullies can call you _____. (**names**)
6. What acronym reminds us how to act if you are bullied? (**safe**)
7. The 'A' in 'SAFE' stands for 'Ask for _____. (**help**)
8. If you see bullying, do not be a _____. (**bystander**)
10. If you are bullied, tell an _____. (**adult**)
11. ___ someone from a group is a form of bullying. (**excluding**)
12. What does the 'H' stand for in 'HERO'? (**help**)
13. Bullying online is called ___ bullying (**cyber**)
14. Bullies can get you in _____. (**trouble**)

Bullying Word Search

Can you circle 10 words related to bullying?

O Z P Z J Q H L X J T F Q Q R E P O R T
 Q P J D X B R J D R C W C G T R N M P T
 P L J H A C T X P O N H H V Q U A S D Y
 L C Z M R Y N E G H H B F R X J P Z P N
 V H I L H P A G A Y K M K A B Q S A K C
 X H L A P L I J U S K E B B J J Y E D N
 U A D K Q P O O I I I A S C G O P X M M
 M H P P B F C C P K D N X E R E L C T W
 Y T S E I U E P B M M L G S D C Y L B C
 T G M W I Z K P F U C L L B M Y C U H M
 Z B D H P U O H D I L M P G M V G D I B
 E Y O G Q E K I U E Y L S X W O K I S W
 H S J Z B V K S F K O B Y I O R X N W X
 E T E R K Q K Z A C O K T I Z P H G I E
 R A K Y S R S L P R H Q E P N R I I F S
 O N N T A L A P L S H O V I N G S T J O
 L D L V L N F P S B A N O S M B C R T M
 P E O O W V E R E M P A T H I Z E D N Y
 X R D Y C F M Y L Y H S G O G K E B C S
 R M Z P S Q W Q B C J C W R L G K A M Y

BULLYING
 BYSTANDER
 EXCLUDING
 SHOVING

HERO
 EMPATHIZE
 MEAN

SAFE
 TEASING
 REPORT

Bullying Word Search

Can you circle 10 words related to bullying?

O Z P Z J Q H L X J T F Q Q **R E P O R T**
 Q P J D X B R J D R C W C G T R N M P T
 P L J H A C **T** X P O N H H V Q U A S D Y
 L C Z M R Y N **E** G H H B F R X J P Z P N
 V H I L H P A G **A** Y K **M** K A B Q S A K C
 X H L A P L I J U **S** K **E** B B J J Y **E** D N
 U A D K Q P O O I I **I** A S C G O P **X** M M
 M H P P B F C C P K D **N** X E R E L **C** T W
 Y T S E I U E P **B** M M L **G** S D C Y **L** B C
 T G M W I Z K P F **U** C L L B M Y C **U** H M
 Z **B** D H P U O H D I **L** M P G M V G **D** I B
 E **Y** O G Q E K I U E Y **L** S X W O K **I** S W
H S J Z B V K S F K O B **Y** I O R X **N** W X
E T E R K Q K Z A C O K T **I** Z P H **G** I E
R A K Y S R **S** L P R H Q E P **N** R I I F S
O N N T A L **A** P L **S H O V I N G** S T J O
L D L V L N **F** P S B A N O S M B C R T M
P E O O W V **E** R **E M P A T H I Z E** D N Y
X R D Y C F M Y L Y H S G O G K E B C S
 R M Z P S Q W Q B C J C W R L G K A M Y

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