

Name _____ Class _____

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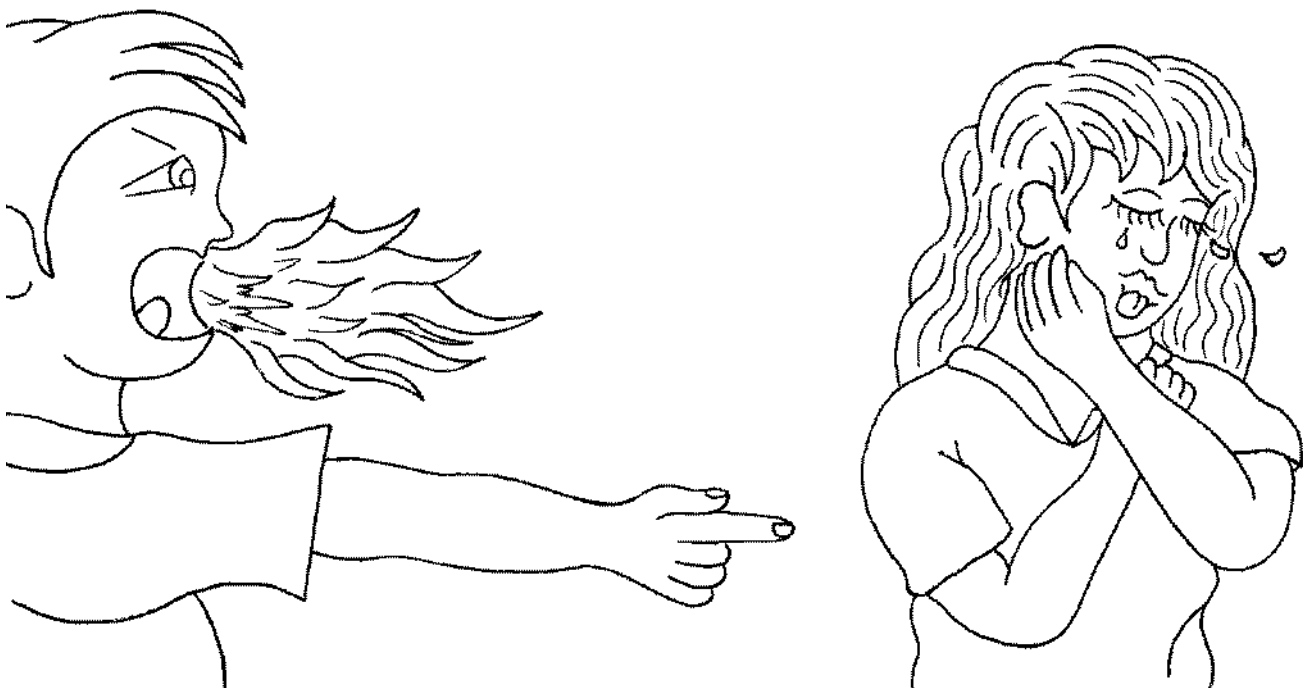
Verbal Bullying

“Sticks and stones may break my bones but words will never hurt me.” I’m sure you’ve heard this phrase before. But tell me this: Do you think this statement is accurate? Is it really true that words never hurt?

Parents and teachers tell you this because they don’t want kids getting too upset over every little thing that others say. We all have to learn how to take a little teasing without becoming too bothered by it. But everyone also knows that this statement isn’t true. Words DO hurt. Sometimes they can hurt a lot more than sticks and stones. Words go straight to our brain, and can hurt just like a punch to the head might. In fact, scientists say that people who are abused with words are usually harmed more than those abused with fists.

When we get upset or angry, we all tend to say things that aren’t very nice. This isn’t right for us to do, but it’s not the same thing as bullying. Losing our temper and saying something cruel is part of being human. Whenever this happens, though, we should apologize afterwards and try not to do it again.

However, some people use words as a weapon to bully others. They call them names and say cruel things when that person isn’t doing anything to deserve it. They tease people to try and make someone feel bad, or because they think it’s funny. It’s not because they’re angry or upset, it’s because they enjoy putting others down. And they do it over and over again, not just once by accident. This is called bullying.



In the space below, write 3 mean things you've heard others say, and how this would make you feel if it happened to you:

1. Mean thing: _____

How would you feel: _____

2. Mean thing: _____

How would you feel: _____

3. Mean thing: _____

How would you feel: _____

