

Written Reflection Exercise

Companion Piece to
Teacher Workshop: Preventing Bullying & Empowering Students

Think again about the scenario where several girls were talking about another girl in the class and making fun of her hair behind her back.

- What thoughts and emotions does this bring up for you?
- What are some steps you could take to respond in the moment?
- What can you do to prevent socially aggressive behavior in the future?

What changes or new strategies could you implement in your classroom to address aggression and bullying?

- What are the barriers to doing these and how can you address them?

Identify some steps your school could take to better address bullying and aggression.

- What part could you play?