

Name: \_\_\_\_\_

Class and Date: \_\_\_\_\_

**Asking for Help: Bullying****Do Now:** Describe a time when you were bullied, or when you saw somebody else being bullied.**“Repetitive” Behavior:** Come up with an example of “repetitive” behavior and describe it below.**“Imbalance of Power”:**  
Come up with an example of a situation with an “imbalance of power” and describe it below.**Is it bullying?**  
Look back at the situation you described in your “Do Now.” Is it really bullying? Why or why not?

**Asking for Help:** Complete the following prompts to create a plan to ask for help in a bullying situation.

**What is a real-life bullying situation that you experienced or saw?**

Describe it and explain how you know it really is bullying.  
*Is it repetitive AND involve an imbalance of power?*

**Determine what you need:**

Figure out what you (or the person being bullied) need and write a description here.  
*Do you want the person to leave you alone? Fix something? Get in trouble?*

**Determine who to ask:**

Who is an adult you trust that the other person or people involved also trust? Describe why this person is best able to help fix the situation.

**Speaking to be Heard:**

When would be a good time for you to talk to the person you mentioned above? Why?

**Speaking to be Heard:**

How could you politely ask for help from the person you selected? Script it here.