

I AM A BUDDY, NOT A BULLY

Activity Book



What is bullying?

Bullying is when a child or a group of children do or say hurtful things to another child over and over again.

Bullies try to hurt or embarrass others for fun or for attention. But, bullying is not fun or cool. It can make the bullied child feel scared, sad, alone or even angry.

Sometimes you may have a fight or argument with a friend. That's normal, that not bullying. However, if someone is mean and hurtful to you over and over, then that's bullying.

Every child has a right
to feel safe!

You can take a stand
against bullying.

You can be a buddy, not a bully.



Can you spot a bully?

Look at the examples below and spot the bully if you can.
Circle all pictures that show signs of bullying.

Juan always laughs when Amanda reads aloud in class



Javier often takes Erick's lunch when he isn't looking



Mary is not going to let Cassie join the group because she is different



Andrea shouts at her brother because he broke her iPad



Gabriel frequently hits and pushes Mario at school



Don't be a bully!

If you have been a bully, you can stop. It is important to think of how you would like to be treated and treat others the same way.

Would you like it if someone teased you? I don't think so. What about if someone hit or pushed you all the time? That doesn't sound like fun does it?

Next time you think about being unkind to someone STOP ... think about how scared, hurt or sad they will feel. Don't do it!

Experiment!

Take a balloon and blow it up. How many breaths does it take to get the balloon nice and big? Write it down.

Now, with the help of a grown up, try to pop the balloon with a pin. Be careful. How many tries does it take to pop the balloon? Write it down.

Sometimes boys and girls don't feel very good about themselves. However, every time you show them kindness it fills them up with good feelings; just like the air that you blew into the balloon. It may take a while sometimes but it's worth it.

Then, think about how long it took to pop the balloon. It was easy wasn't it?

When you bully someone it's just like popping a balloon. You let all the good feelings out just like the popping lets all the air out of the balloon. That is just mean!



Be a buddy, not a bully

COLOURING ACTIVITY

If someone you know is being bullied, they need your help. You can be a buddy. A buddy is a good friend. A good friend never laughs or looks away when a bully is mean to their friend.



How can you be a buddy?

A buddy doesn't laugh, join in or cheer when someone is being bullied.



1. If it's safe to do so, you can tell the bully to stop. You can tell them that what they are doing isn't funny or cool. When you do so maybe others will feel brave enough to stand up against bullying too.
2. You can tell a teacher or grown-up when someone is being bullied.
3. You can tell the child being bullied that it isn't his fault and that he/she doesn't deserve to be treated that way.
4. You can ask the person being bullied to be your friend or a part of your group.

**You can make
a difference!**

MY BUDDY WORD SEARCH

*Find the words below in the grid.
The words may be hidden in any direction!*

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

RESPECT

INCLUDE

DIFFERENCES

BULLY

FRIEND

LOVE

KINDNESS

BRAVE

HERO

DEFEND

What more can you do?

Remember:

1

Differences can be fun. No one should be teased for being different.

2

Always stand up for what is right.

3

Show kindness to others.



DECIPHER THE CIPHER

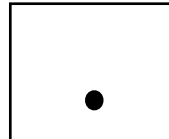
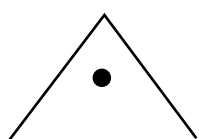
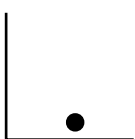
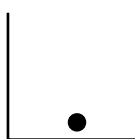
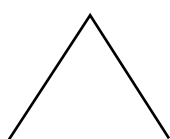
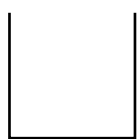
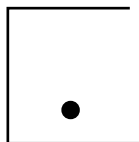
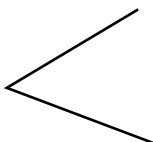
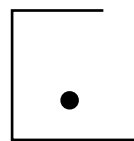
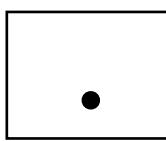
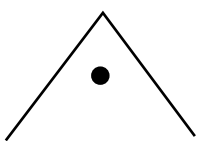
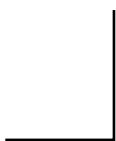
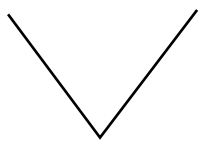
A cipher is a code or hidden way of writing a message.
Use the key below to de-code the secret message.

A	B	C
D	E	F
G	H	I

J.	K.	L.
M.	N.	O.
P.	Q.	R.

~~S
V T
U~~

~~W.
Z. X.
Y.~~



Take the pledge:

Say no to bullying!

PLEDGE

I _____
(Write your name)

I will be friendly to others

**I WILL BE
A BUDDY,
NOT A BULLY!**



Published by the UNICEF Office of the Eastern Caribbean Area

First Floor, UN House, Marine Gardens, Hastings

Christ Church, Barbados

Tel: (246) 467 6000 Fax: (246) 426 3812

Email: bridgetown@unicef.org | Website: www.unicef.org/easterncaribbean | www.youtube.com/UNICEFeastcaribbean

2020