

# BEING BULLIED

Answer the questions about being bullied and how it has impacted your life.

What type of bullying have you experienced?

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What feelings do you experience when you are bullied?

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What have you done to cope? Were these coping mechanisms healthy and helpful? Why or why not?

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How has being bullied made you feel about yourself?

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# HOW DOES BULLYING AFFECT YOU?

What types of bullying are you experiencing? What other types of bullying have you experienced?:

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What does the bully do to you?

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How has being a victim of bullying affected your life?:

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Why do you think the bully targets you?:

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