

WHY IS EVERYBODY ALWAYS PICKING ON ME?

A Workbook
For Bullies & Victims
Ages 8-14



Based on the Peace Education Books
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Bully Session #1:

What Is A Bully?



Has anyone ever bullied you?

Yes! No! I don't recall.

How did the bully seem? Was there a look on his or her face that you noticed? Was it happy? Angry? Sad? How did the bully's eyes look? Mouth? Nose? Cheeks? Face?

Draw the bully here: 

- 1. Take a close look at the face you drew. Is it the face of someone who's happy?**



2. Do you think a bully is someone who is...



Angry?



Sad?



Lonely?



Hurt?

All of the above?

(Finish this sentence any way you like!)

I think a bully is someone who is

3. Would you say that a bully is someone who may have a problem?

I think a bully is:



Someone with a small problem.

Someone with a big problem.

Someone with lots of problems.

4. What kind of problem(s) do you think this bully has?



Have YOU ever been a bully?

Yes!

No!



1. Have you ever had a problem — one that made you angry?

(Write whatever you wish to finish this sentence:)

The problem that really made me angry was ...

2. When you were angry, did you yell at anyone? (Even a little?)

Yes. I yelled at ...



3. **If you yelled at someone, weren't you a bully, too?**

- Oops! I guess I was.
- Didn't think I was.
- I really was!

4. **There are two main kinds of bullies — the extrovert bully and the introvert bully.**

Extrovert Bullies are aggressive, active, outgoing and expressive. They want to be in control. They're rebels — rough and tough, mean on the surface. But inside they feel inferior, insecure and unsure of themselves. They reject rules and like to rebel to achieve a feeling of superiority and security.

Draw an Extrovert Bully here! 

Introvert Bullies don't want to be recognized. They hide as much as possible. They don't rebel; they conform to society. But they also want to be in control, which they get by smooth-talking, saying the "right" thing. They will lie, cheat, do anything to get what they want. They make us think they mean well.

Draw an Introvert Bully here! →

5. **Have you ever been an extrovert bully? How? What did you do?**

6. **Have you ever been an introvert bully? How? In what way?**

7. **There are many types of bullies. Can you tell if the following are introvert or extrovert bullies? Check the box you think is best!**

Introvert

Extrovert



The Super Jock Bully

“I am Number One — yeah, ME!”



The Preppy Bully

“Sorry you’re not invited to my club party.

You should find another club to join.”



The Movie Star Bully

“Mirror, mirror, on the wall,
Who’s the fairest of them all?”



The Brain Bully

“I’m smart. I know better than you!”



The Rocker Bully

“Trash it! Do your own thing!
Who cares how it affects anyone else!”





The Patriotic Bully

“Your country. Love it or leave it!”



The Religious Bully

“There is only one belief — mine!”



The Prejudiced Bully

“Your people are inferior to my people!”



**Whether an introvert or extrovert,
bullies come in all shapes, sizes,
colors and nationalities.**

What kind of bully are YOU?

Introvert

Extrovert

When I'm angry, I'm an

Of the bullies described above,
the one that comes closest to me is:
(Check the box below:)

I'm going to draw
how I look!



- Super Jock Bully
- Preppy Bully
- Movie Star Bully
- Brain Bully
- Rocker Jock Bully
- Patriotic Jock Bully
- Religious Bully
- Prejudiced Jock Bully
- Other:

**A bully is someone who's hurt and angry.
Most people who are hurt and angry have problems.
We all have problems.**

**We've all been bullied at one time or another.
And we've all been bullies, too.**