Name: _____

How Do I Avoid Bullying Others?

- Always check that my actions or words are not deliberately hurting someone else's feelings.

- Always check that my actions are not deliberately hurting someone else physically.

- Always check that my actions or words are not deliberately making someone else feel afraid.

- Never try to control someone else or make him or her do something he or she doesn't want to do.

- Never unfairly take out my feelings of anger or frustration on someone else.

- Always ask myself, "Would I like someone else to do this to me?" If the answer is no, then it is a sign to stop my behavior.