

MY DOLL & ME:

Superheroes
Fighting Bullying
With Kindness



Bullying has become a serious problem.

Many children skip school every day because they are afraid they will be bullied.

All of us must help prevent bullying. We must stop saying unkind things to one another. We must stop fighting each other. We must stop being unkind to each other on the Internet. We must learn to be kind to one another. Kindness is the new cool!

When you see the word bully, think what the letters could stand for:



B BE A FRIEND!

U USE KIND WORDS!

L LOOK FOR AND REPORT BULLYING!

L LEARN TO UNDERSTAND OTHERS.

Y YOU CAN STOP BULLYING.





SUPERGIRL

wants you
to learn about bullying.
She wants you
to have a plan
to stop bullying



I PLEDGE TO SAY NO TO BULLYING!

- ☐ I pledge to stop bullying my sister or brother at home.
- ☐ I pledge to stop bullying other children at school.
- ☐ I pledge to stop bullying other children on the playground.
- ☐ I pledge to stop bullying on the Internet.
- ☐ I pledge to tell an adult when I see someone being bullied.
- ☐ I pledge to say no to bullying and be like a superhero.

Name

(COPY THIS PLEDGE ON A SHEET OF PAPER)



ACT OF KINDNESS #5

Wonder Woman says,
"If you have elderly neighbors,
check in on them and
ask if you can be of any help."

No act of
KINDNESS,
no matter how
SMALL,
is ever wasted.





THE KINDNESS PLEDGE

- ☐ I pledge to be kind to my family at home.
- ☐ I pledge to be kind to my classmates at school.
- ☐ I pledge to be kind to my classmates on the playground.
- ☐ I pledge to be kind to others on the Internet.
- ☐ I pledge to tell an adult when I see someone being unkind.
- ☐ I pledge to be a buddy, not a bully.
- ☐ I pledge to be a pro-kindness, anti-bullying superhero.

Name

(COPY THIS PLEDGE ON A SHEET OF PAPER)

JUST FOR FUN!

TRUE OR FALSE

1. Bullying is okay.
2. Bullying can only happen in a few places.
3. Bullying can happen at home, at school, on the playground and on the Internet.
4. A type of bullying is verbal bullying.
5. Bullying is the same thing as friendly teasing.



Answers: 1. False 2. False 3. True 4. True 5. False

JUST FOR FUN FACTS!

Point to the picture of the person who plays the roles in a bullying situation.

1. The person who is called names, being hit or being left out.
2. The person who tries to hurt others.
3. The person who stands by and does nothing when another person is being bullied.
4. The friend of the bully who is happy to see the bully being unkind to others.



Answers: 1. Victim 2. Bully 3. Bystander 4. Ally