

Journaling Worksheet

Name: _____ Date: _____

Instructions: Answer the following questions. You may use an extra sheet of paper if you prefer.

What specific things do you do to protect yourself from cyberbullying? What can you do to stand up for others being cyberbullied?

Describe a time when you told an adult about a bullying situation. What happened because you told?

What is one thing you are going to do, this year, to help stop bullying at your school?