

Name \_\_\_\_\_

Date \_\_\_\_\_

## “I” Statement Worksheet

Write an “I” statement you could say to a bully to stand up for yourself or someone else.

Remember the example you saw in the lesson? The girl on the playground said, “I don’t think it’s nice to say those things and I want you to stop.”

I \_\_\_\_\_ and I  
want \_\_\_\_\_.

I \_\_\_\_\_ and I  
want \_\_\_\_\_.

I \_\_\_\_\_ and I  
want \_\_\_\_\_.

If you see someone else getting bullied or are bullied yourself it is important to tell an adult, even if you used an “I” statement to stand up for yourself.

Who are two trusted adults you could go to for help in a serious situation?

1. \_\_\_\_\_

2. \_\_\_\_\_

