



Please answer these questions honestly. Your answers are anonymous.

Age: _____ Grade: _____ School: _____

Gender: ___ male ___ female ___ I'd rather not say

ACTIVITY 1: A Kind Word Can Save A Life

Be a kind voice and write in your own words what you'd say to stop the lies that bullies tell.

UR Fat

Red-headed She Devil

Worthless

Soooo Ugly

— ACTIVITY 2: Look at the irrational thoughts listed in the column on the left. Which truth from the column on the right replaces each irrational thought?

IRRATIONAL THOUGHTS	TRUTHS
1. _____ Everyone's life is better than mine.	a. It's impossible to be perfect in everything I do
2. _____ I can't control my emotions.	b. My life is what I make it.
3. _____ I must be perfect in everything I do.	c. What others say about me does not define me.
4. _____ I'm a failure.	d. I can choose to be in control of my emotions.
5. _____ What others say about me must be true.	e. Sometimes I will fail.

KNOWLEDGE CHECK

<p>1</p> <p>Bullied teens are 11 times more likely to attempt suicide.</p> <p>True</p> <p>False</p>	<p>2</p> <p>Cyberbullying is wrong, but it isn't really a crime and doesn't happen very often.</p> <p>True</p> <p>False</p>	<p>3</p> <p>Suicide is not a major cause of death for teens.</p> <p>True</p> <p>False</p>
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— ACTIVITY 3: Remember the Truth

Fill in the blanks that will be a reminder to what you deserve to be:

_____ without conditions	_____ even though you are vulnerable
_____ from abuse and exploitation	_____ from the lies that shame tells you

COURSE EVALUATION

1. What was something you learned that you did not know before?
2. What steps will you take as a result of what you learned today?