



31 Questions for National Bullying Prevention Month

Respond to the daily prompts during National Bullying Prevention Month to reflect on the role we all play in creating a kinder, more accepting and inclusive world.

1. What can bullying look like? _____

2. What is an act of kindness you've witnessed? _____

3. When someone is included, how do you think that feels? _____

4. What does acceptance look like? _____

5. How does bullying impact someone's self-confidence? _____

6. Does bullying happen more often than adults think? _____

7. What is one myth about bullying that you know isn't true? _____

8. How do you think bullying feels? _____

9. Why do you think students bully? _____

10. What is a reason why students might not tell an adult about bullying? _____

11. How do you feel when you see bullying? _____

12. What is one thing you could do if you experience bullying? _____

13. How do you think other people feel when you are kind to them? _____

14. How do you think other people feel when you are kind to them? _____

15. What is something unique about you? _____

16. How can you help a friend be included? _____

17. When was a time someone was kind to you? _____

18. What is one thing you could do if you see bullying? _____

19. If you were planning Unity Day, what message would you want people know hear? _____

20. What does unity look like? _____

21. Why do you think it can be hard to show kindness sometimes? _____

22. Why are our differences important? _____

23. Think about a time someone included you - how did it make you feel? _____

24. How does it feel when you are kind to someone? _____

25. What is something positive that happened to you recently? _____

26. How can showing kindness have an impact on others? _____

27. How does it feel when you are included in a group? _____

28. Can peer pressure impact how you treat others? _____

29. How does working together help us prevent bullying? _____

30. How does showing kindness, acceptance, and inclusion help prevent bullying? _____

31. What is one takeaway from this month that you want to remember all year long? _____
