

The Responsible Decision-Making Model

1. Describe the situation
2. List the possible decisions you might make
3. Share the list of possible decisions with a parent, guardian or other responsible adult.
4. Use 6 questions to evaluate the possible consequences of each decision,
 - Will this decision result in actions that promote health?
 - Will this decision result in actions that will promote safety?
 - Will this decision result in actions that follow laws?
 - Will this decision result in actions that show respect for myself and others?
 - Will this decision result in actions that follow the guidelines of my parents and of other responsible adults?
 - Will this decision result in actions that demonstrate good character?

Types of Harassment

Bigotry _____

Bullying _____

Cyber-bullying _____

Gossip & Spreading rumors _____

Rejection _____

Relational (social) aggression _____

- Example – whispering behind someone’s back
- Example – being nice in public but mean in private
- Example – Ignoring someone to get your way or excluding someone for revenge
- Example – writing hateful things about a person on lockers, walls, desks
- Example – bumping into a person or knocking books off their desk and saying it was an Accident

What to do if you are being bullied:

- Be strong
- Stay cool
- Stand up for yourself
- Walk away and ignore the teasing
- Don’t bully back – lighten the air
- Keep a diary of what is happening

- Avoid unsafe areas
- Tell an adult
- Tell a friend what is happening
- Make friends
- Ask the bully to repeat what he said
- Don’t blame yourself