



21: The Power of Being Bully-Proof

7-12

A 7-12 Lesson on Standing Strong, Staying Safe, and Supporting Others With Courage



Introduction for the Facilitator

This lesson builds students' ability to become **bully-proof**, not by becoming hard or aggressive, but by learning to protect their mindset, speak up, set boundaries, and build a strong inner foundation of self-worth. In middle and high school, bullying can be subtle or overt. It can show up online, in hallways, or even within friend groups.

Being bully-proof means knowing that unkindness, exclusion, or cruelty doesn't define who we are. It means we understand our value, we stay connected to supportive people, and we speak up—for both ourselves and others—when something isn't right.

This inner strength becomes a vital part of each student's **personal competitive advantage**, helping them lead with empathy and navigate challenges with courage. It supports the **lifestyle** they want to live where they are safe, respected, and true to who they are.

This lesson includes:

- **A Real-World Scenario** that builds emotional and social strength
- **8 Group Discussion Questions** with follow-ups
- **8 Journal Prompts** (draw or write)
- **10 Activities** to build resilience, assertiveness, and allyship
- **A printable Worksheet** to reflect and apply key strategies





Real-Life Scenario

A rumor starts online. It's about you or someone you care about. It spreads fast. People stare, whisper, or scroll past like it's nothing.

Part of you wants to disappear. Another part wants to explode.

But instead, you reach out to someone you trust.

You respond with facts, calm, and confidence.

You block the drama. You build yourself back up.

That's being bully-proof. It's not pretending you're not hurt. It's remembering your worth and choosing how to move forward with strength.



Group Discussion Questions

1. What does it mean to be bully-proof—not just bully-free?

Follow-up: How can we protect ourselves mentally and emotionally?

2. What does bullying look like in middle or high school?

Follow-up: How can it be hard to notice or speak up about?

3. Why do some people stay silent when they see bullying?

Follow-up: What makes it hard to step in? What helps?

4. What helps someone stay confident when they're being picked on or excluded?

Follow-up: Who in your life gives you that strength?

5. How does kindness and inclusion help prevent bullying?

Follow-up: What small actions change the environment around us?

6. What's the difference between being assertive and being aggressive?

Follow-up: Why does that difference matter when speaking up?

7. How does being bully-proof grow your personal competitive advantage?

Follow-up: How does it help you build stronger relationships and focus on your future?

8. What kind of lifestyle do you want to live?

Follow-up: How does staying true to yourself—and protecting others—support that life?



Journal Prompts

(Students can write or draw their responses depending on learning style or preference.)

1. **Write or draw about a time you stood up for yourself or someone else. How did it feel?**
2. **Describe a situation where someone tried to bring you down. What helped you bounce back?**
3. **List your personal strengths that no one can take away.**
4. **Sketch or describe your “Bully-Proof Shield.” What thoughts, people, or tools protect your peace?**
5. **What would you say to someone who feels alone or targeted right now?**
6. **Who are your safe people? How do they help you stay grounded?**
7. **What’s something you love about yourself that you’ll never let bullying take from you?**
8. **How can being bully-proof help grow your personal competitive advantage?**



Activities

1. **Inner Strength Shield**
Students create a physical or digital shield filled with their values, strengths, affirmations, and trusted supports.
2. **Real vs. Rude Challenge**
Discuss the difference between respectful teasing, feedback, and actual bullying. Students sort examples into categories.
3. **Allyship Action Plans**
In small groups, students brainstorm what to do when they witness bullying, both in person and online.
4. **Stand Tall Roleplay**
Practice assertive (not aggressive) responses to common bullying scenarios using calm tone, clear words, and confident body language.
5. **Self-Talk Reset Practice**
Students list common negative thoughts that bullying can trigger. Then, flip each into a truth that protects their worth.
6. **Kindness Chain Reaction**
Create a challenge where students pass on kind words, notes, or messages (online or in person) for one full week.
7. **Trusted Circle Map**
Students identify people they trust, such as adults, friends, and mentors, and write how each one supports their well-being.
8. **Social Media Safety Check**
Students review their privacy settings, block/report tools, and digital boundaries. Reflect on how to stay in control of online spaces.
9. **Anti-Bullying Posters or Reels**
Students create positive visuals, slogans, or videos to promote confidence, kindness, and support at school.
10. **Bully-Proof Role Models Wall**
Highlight famous or everyday people who’ve stood up to cruelty with courage and grace. Students add their own heroes.



My Bully-Proof Plan

Name: _____

Helpful Words:

- **Bully-Proof** = staying strong inside, speaking up, and protecting myself and others from harm
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = the inner confidence and courage that help me lead with strength and compassion

Directions:

Use **writing or drawing** to reflect on your strength and how you'll keep building it.

Use the back of this sheet if you need more space.

1. A time I stood up for myself or someone else was:

2. One thing that helps me stay strong inside is:

3. When I feel hurt or excluded, I can turn to:

4. My Bully-Proof Superpower helps me do these things:

5. One thing I will no longer believe or accept from bullies is:

6. Being bully-proof helps me grow my personal competitive advantage by:

7. This is how being bully-proof supports the lifestyle I want to live: