



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: