

# No, Bully!

Written by Nikki Aksamit

A bully is a boy or a girl  
Who makes you feel bad.  
Who says things or does things  
That make you feel sad.

A bully may laugh  
When you make a mistake.  
Or call you mean names  
Push you, shove you or shake.

What do you do  
If you're bullied today?  
You must try to stay calm  
And just walk away.

Go tell a grown up,  
They'll know what to do.  
Teachers and parents  
Are there to help you.

What if you see  
A bully pick on a friend?  
How do you make  
The meanness come to an end?

Tell the bully to stop!  
Take your friend by the hand.  
Go find a grown up,  
They will understand.

School is a safe place  
To learn, grow and play  
If you speak up and stand up  
Bullies can't ruin the day!



**STOP!**



# No, Bully!

Written by Nikki Aksamit



1. The second stanza of the poem reads:

A bully may laugh  
When you make a mistake.  
Or call you mean names  
Push you, shove you or shake.

Make a list of some other things that a bully might do.

---

---

2. The fourth stanza of the poem reads:

Go tell a grown up,  
They'll know what to do.  
Teachers and parents  
Are there to help you.

If you were being bullied, what grown-ups could you turn to for help?  
List three adults that you would trust.

a. \_\_\_\_\_ b. \_\_\_\_\_ c. \_\_\_\_\_

3. Tell what you can do if you see a bully picking on a friend.

---

---

4. How can you avoid becoming a bully?

---

---

# ANSWER KEY

## **No, Bully!**

Written by Nikki Aksamit

**STOP!**



1. The second stanza of the poem reads:

A bully may laugh  
When you make a mistake.  
Or call you mean names  
Push you, shove you or shake.

Make a list of some other things that a bully might do.

**Answers will vary. Sample answers: Tease someone. Pinch someone. Post bad things on the Internet about someone. Make people feel uncomfortable.**

2. The fourth stanza of the poem reads:

Go tell a grown up,  
They'll know what to do.  
Teachers and parents  
Are there to help you.

If you were being bullied, what grown-ups could you turn to for help?  
List three adults that you would trust.

Answers will vary. Sample answers:

- a. **mother**                      b. **father**                      c. **grandparent**

3. Tell what you can do if you see a bully picking on a friend.

**Tell the bully to stop. Take the person away from the bully. Tell an adult about the problem.**

4. How can you avoid becoming a bully?

**Answers will vary. Sample answer: Say only nice things about people. Try to avoid hurting others physically or with words.**