

## BEHAVIOR CHANGE WORKSHEET



What bullying behavior do you feel you need to change?

- |  |   |
|--|---|
| <input type="checkbox"/> pushing, hitting  | <input type="checkbox"/> exclusion, eye rolling |
| <input type="checkbox"/> threatening       | <input type="checkbox"/> bossing                |
| <input type="checkbox"/> hateful teasing   | <input type="checkbox"/> controlling            |
| <input type="checkbox"/> name calling      | <input type="checkbox"/> manipulating           |
| <input type="checkbox"/> rumors, gossiping | <input type="checkbox"/> Other: _____           |

### MAKE A PLAN FOR CHANGE

**STEP 1:** Find someone you trust to talk over what has happened and what you did wrong. Summarize the problem: What I did wrong was \_\_\_\_\_

**STEP 2:** Find your courage and APOLOGIZE. I will apologize to \_\_\_\_\_ and I will say: \_\_\_\_\_  
Something nice I can do for the person to make amends is: \_\_\_\_\_

**STEP 3:** Imagine yourself with improved behavior. Describe the improved behavior by completing the statement: From now on I will \_\_\_\_\_

**STEP 4:** The New Improved You... Create a reminder for yourself to work on the improved behavior. Draw a picture of you using the improved behavior or write a reminder note. Hang the picture or note where you can see it each morning at the beginning of your day.

**STEP 5:** Report to someone, keep a journal of your progress, or rate yourself on a calendar. If you choose to rate yourself on the calendar use the following rating scale: Mark "3" for reaching your goal of improved behavior, mark "2" for still working, or mark "1" for backslipping. My plan to record my progress is \_\_\_\_\_

**STEP 6:** Ask a friend you trust or an adult to be your mentor/cheerleader to give you encouragement to work on the behavior goal. I will ask \_\_\_\_\_ to help with my plan.

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