

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 **APLOGIZE**. 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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