
Personal Action Plan

Thinking about what you will do if someone tries to bully you can help you deal with the situation. Think about what you would do in these situations, and write down your answer. If writing them down is hard, have a talk with your tutor about what you would do.



If someone hits, kicks, pushes or pinches me, I will

If someone says mean things to me, I will

If someone takes or breaks my things, I will

If someone says they will hurt me, I will

If someone hits, kicks, pushes or pinches me, I will

If I see someone bullying someone else, I will
