MILTON PUBLIC SCHOOLS
BULLYING/PEER AGGRESSION

THINK ABOUT IT

Name: _________________________

Date: ____________

What did you do?
Please be specific and start with “I.”

What was wrong with this behavior?
Whom did you hurt? How did you know you hurt them?

What made you do this?
What problem were you trying to solve? Did you want attention? Did you want to be left alone? Were you trying to have fun? Were you already mad about something?

Next time you’re feeling this way, how will you act differently without hurting anyone?