



PALLEN'S
MARTIAL ARTS™

POWERFUL

OCTOBER 2026

PROJECT

BULLY AWARENESS

AGES: 7-11

First & Last Name: _____ Parent/Guardian: _____

Tip Goal: _____

Students, this month we're learning about BULLY AWARENESS!

What Is Bullying?

Bullying is when someone repeatedly uses words or actions to hurt, scare, embarrass, or leave someone out on purpose. Bullying can be physical, verbal, social, or online. Understanding bullying helps you know when to stand up for yourself or someone else and when to ask an adult for help.

Why Is Bully Awareness Important?

Bully awareness helps us create a safe and respectful environment for everyone. Standing up against bullying doesn't always mean fighting back. It can mean using a confident voice, walking away, including someone who is being left out, or telling a trusted adult. As martial artists, we use our strength and confidence to help others, not hurt them.

How Can You Stand Up Against Bullying?

- ✓ Use a strong voice and confidently say, "Stop!"
- ✓ Walk away and find a trusted adult if you need help.
- ✓ Be an upstander when you see someone being bullied.
- ✓ Include someone who is being picked on or left out.
- ✓ Be kind and respectful to others in person and online.

Draw or write your response in the box:

"Knowing what's right doesn't mean much unless you do what's right." — Theodore Roosevelt
What do you think this quote means? If you saw someone being picked on or left out, what would be the right thing to do?

