

You Can...

Activity for Middle and High School Students

Bullying knocks down thousands of kids every day, but when one person stands, another will stand with them. You can be a person who stands; you can turn a life around.

After watching the short video, [Turn a Life Around](#), separate into small groups. Read through some of the ways that students experience bullying listed under the **You can knock me down** column. Then, as a group, think through ways that you could help build back up the person who is experiencing bullying and support them. List those ideas in the **Or you can help build me up** column.

| You can knock me down | Or you can help build me up |
|-------------------------------|--|
| You can tell me I'm ugly | You can tell me I'm not alone |
| You can send a nasty text | You can write an inspirational quote on my Facebook wall |
| You can ignore me | |
| You can push me into a locker | |
| You can leave me behind | |
| You can make me a target | |
| You can leave me out of game | |
| You can intimidate me | |