

Are YOU A Target?

Spot It! Are You a Target?

Not sure what bullying is? Or if it's happening to you? Lots of kids wonder about that!

Seymour can help you solve the mystery. Just answer the questions on Seymour's Clever Clue Clarifier. (Your mom or dad can help you!) Find out if the clues add up to bullying!



The Clue	Yes	No
Are you called mean names by other kids?		
Do other kids ever hit, kick, push, or punch you?		
Do kids leave you out of groups on purpose?		
Do other kids make fun of the way that you look or act?		
Is it hard for you to make friends?		
Are you sometime afraid to go to school?		
Do you often feel nervous, anxious, or worried?		
Do you blame yourself when other kids pick on you?		
Do you think you deserve what happens to you?		
Have you felt mad or cried when someone has been mean to you?		

Kids who are bullied answer "yes" to lots of these questions. The more times you answered "yes," the more likely it is you are being bullied.

Seymour's Tips

Take it from me: No one deserves to be bullied! First plan how you can react if someone bullies you, and include your mom, dad, teacher or a grown up you can trust to help you.

Then you can put bullying in its place and help create a friendlier environment for you and other kids!

