

DO THE *Write* THING

We offer these writing prompts to help students reflect and think about kindness, empathy, and compassion. Please consider ways a student can do the WRITE thing by having them think, connect, analyze, and record their ideas.

1. What can you do to stop peer mistreatment?
2. How can you support your peers who have been bullied?
3. When you see someone being bullied, do you feel comfortable going to a
4. teacher or adult for help? Why or why not?
5. What stresses you out, and how do you cope with that stress?
6. What are you most thankful for?
7. Who is your hero and why?
8. If you could have one super power, what would it be?
9. Write a thank you letter to someone who has helped make a difference in your life. What did they do that was so impactful?
10. What is the difference between teasing and bullying? How can you tell the difference between them?
11. At what point does teasing become bullying? Does the frequency of the behavior play a role?
12. Have you ever felt bullied by someone? What made you feel this way?
13. Have you ever bullied another person? How did you feel before, during, and after?
14. In what situations do you and your friends see people bullied? Do you ever try to stop someone from getting bullied?
15. What is the danger of standing around and watching while someone else is bullied?
16. Are there any risks to standing up for someone who is being bullied? What are they? How do they impact your decision to get involved in a situation?
17. What kinds of consequences do kids who are bullied suffer?
18. Why do you think people can be so cruel online? How can we change this behavior?
19. Why is it important to accept people for who they are?
20. Do you think there are particular attitudes that contribute to bullying? Are there people who think bullying is acceptable? Why or why not?

21. How do you feel when someone teases you or gives you a hard time for something you like? Why do you feel this way?
22. Have you ever talked to your parents about bullying? What did they say?
23. Write about a time when you stood up for something that you believed in. Was it hard to express an opinion that other people didn't agree with? Why or why not?
24. Why do you think some people bully others?
25. What feeling does the bully get from putting someone else down?
26. How does bullying impact the bystander?
27. Come up with an idea for a new way to increase awareness about bullying. How can you help people understand that bullying is a problem?
28. Are some types of bullying more harmful than others?
29. What would you do if someone tried to bully you?
30. I am worried about ...
31. How would you persuade a friend to give up drugs?
32. Why is it important to forgive?
33. How do you resist getting involved in things you don't want to be a part of?
34. How can our schools keep students safe?
35. What was the most difficult thing you overcame this (or last) school year?
36. How would you respond if you heard someone make a threat to hurt someone else at school?
37. Why is it important to take every threat seriously?
38. It is important to do kind things for others because...
39. The best thing to brighten someone's day is...
40. How can I help someone in need?
42. "Winning isn't everything, it's the only thing." Do you agree or disagree with this statement? Explain your answer.
43. Helping people in small ways is important because...
44. The nicest thing anyone ever did for me was...
45. I'd like to give a shout-out to ...
46. Paying kindness forward can make a difference in the world because...
47. How will I make a difference?