

## Journal #8- Bullying/ self defense

- ▶ As you go through out your day at school, at home, or at work, you might see forms of bullying. What is bullying? What forms of bullying to you see/hear about? Where and how often do you see bullying? Or how rarely? Are there patterns? Explain an example of bullying that you have witnessed/been a part of. How can people prevent bullying? What can you do, as an individual to help eliminate bullying?