



It's Up To You to Prevent Child Abuse and Neglect

Take It Personally

www.itsuptoyou.org

ACTIVITIES

BE BULLY FREE (FILL IN THE BLANK)

I have _____ and responsibilities.

I need to _____ the rights of others.

It is not ok to _____.

Bullying hurts _____ and outside.

I can play safely without _____ others.

I am unique and _____.

It is okay for people to think, _____ and act differently.

I am responsible for my own _____.

It is okay to _____ when someone bullies.

I know that both actions and _____ can hurt.

Be a friend to have a _____.

Words: LOOK, RESPECT, TELL, INSIDE, FRIEND, WORDS, HURTING,
RIGHTS, SPECIAL, BULLY, ACTIONS

Bully-Free Zone For Kids

Bullying is when someone keeps doing or saying things to have power over another person. Some people bully others by

- calling them names.
- saying mean things.
- threatening them.
- damaging or taking their things.
- kicking or hitting them.
- leaving them out of activities.
- making them do things they do not want to do.

What can you do if you are being bullied?

- Tell them to stop.
- Ignore them.
- Walk away.
- Always tell a teacher or adult you can trust.
- Spend time with your friends; bullies hardly ever pick on people if they are in a group.



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Be Bully Free Word Search

J	D	I	A	T	N	S	T	O	P	E
W	N	G	W	B	R	P	G	U	D	M
T	T	N	A	F	E	E	E	N	D	R
W	V	O	L	P	P	C	E	I	U	Y
B	P	R	K	S	O	I	U	Q	A	L
R	I	E	A	A	R	A	R	U	J	Y
T	Q	S	W	F	T	L	S	E	M	S
A	W	P	A	E	L	Q	G	W	U	E
L	W	E	Y	E	S	A	V	D	X	A
D	B	C	T	L	C	I	X	Q	L	X
D	M	T	C	N	M	R	G	I	Q	J

Words To Find

BE A FRIEND
IGNORE
REPORT
RESPECT
SAFE
SPECIAL
STOP
TELL
UNIQUE
WALK AWAY

Home Alone Word Search

L	X	I	P	D	S	U	P	N	O	R
O	B	R	E	X	A	I	H	I	B	A
C	P	A	Q	F	N	E	O	N	S	Z
K	N	O	W	A	D	D	R	E	S	S
D	G	N	I	K	O	O	C	O	N	T
O	T	X	V	E	O	E	H	N	R	A
O	V	B	F	N	P	S	M	E	S	Y
R	B	A	E	O	V	B	A	O	T	I
S	S	R	O	L	C	D	E	N	H	N
H	O	M	E	A	L	O	N	E	R	A

Find the following words:

LOCK DOORS
NINE-ONE-ONE
SAFE
KNOW ADDRESS
READ
NO COOKING
HOME ALONE
STAY IN

Internet Safety Word Search

Find and circle
these words:

Computer, guidelines,
password, parents,
exit, online
safety, chat, off,
careful

G	D	F	H	T	A	H	C
U	C	E	N	I	L	N	O
I	A	J	O	R	E	B	M
D	R	O	W	S	S	A	P
E	E	D	F	A	D	A	U
L	F	T	S	F	R	M	T
I	U	C	M	E	E	T	E
N	L	H	N	T	K	I	R
E	A	T	U	Y	S	X	E
S	S	O	Q	X	Z	E	L



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Water Safety Rules

- Swim or play only when an adult or a lifeguard is present.
- Always swim with a buddy, never alone.
- Do not dive or jump into water, always wade in first to avoid hitting your head. Most backyard pools are not deep enough for diving.
- Do not run or push others in or around the water.
- Wear a life jacket when boating or swimming in a pond or lake.
- Take swimming lessons.
- Read the signs posted around the water. They will tell you which is the shallow or deep end.
- Be smart: follow water safety rules.

N	O	P	U	S	H	I	N	G	N	O
N	S	S	N	G	I	S	D	A	E	R
Z	D	F	O	E	L	I	F	D	E	U
O	I	B	R	Z	N	C	P	U	O	L
D	R	A	U	G	E	F	I	L	T	E
R	U	K	N	D	V	M	W	T	S	S
U	N	W	N	J	D	L	Y	S	U	R
A	N	R	I	W	X	Y	Z	B	L	X
R	D	O	N	T	D	I	V	E	B	N
L	E	L	G	L	E	S	S	O	N	S
X	L	I	F	E	J	A	C	K	E	T

Circle these hidden words

- Buddy
- Don't Dive
- Lifejacket
- Rules
- Adult
- No Running
- Lessons
- Lifeguard
- No Pushing
- Read Signs

Youth Sports Word Search

B	R	M	A	E	T	V	P
G	O	O	D	T	I	M	E
O	P	U	O	R	G	A	A
O	X	D	C	O	A	C	H
D	Y	L	E	P	M	Q	A
S	O	I	M	P	E	B	V
P	J	H	T	U	O	Y	E
O	N	C	B	S	D	Z	F
R	E	S	P	E	C	T	U
T	N	E	R	A	P	B	N

Circle these hidden words

- Good Time
- Respect
- Parent
- Coach
- Team
- Have Fun
- Good Sport
- Enjoy
- Youth
- Child
- Game
- Group
- Support.