



Bullying Conversation Starters

TRUE OR FALSE (on the space provided write "T" or "F")

1. Bullying is a normal part of growing up. _____
2. Bullying can be verbal, physical, social or cyber. _____
3. At least 1 in 3 students in Canada have reported being bullied recently. _____
4. If you tell someone about bullying or mental illness it will make it worse. _____
5. Unlike in-person bullying, you don't have to stand up to cyberbullying. _____
6. Bullying can negatively impact your brain. _____
7. At least 1 in 5 people live with mental illness, 5 out of 5 people have mental health. _____
8. Suicide rates among 2SLGBTQIA+ youth are 4x higher than heterosexual peers. _____
9. It is healthy, acceptable, and normal to express and talk about feelings and emotions. _____
10. Everyone should be treated equally with kindness and respect. _____

QUESTIONS

1. What does the word “bullying” make you think of or feel?
2. What does “mental health” make you think of or feel?
3. How do you think bullying can affect mental health?
4. How are you going to help stop and prevent bullying at school and in your community? How can you make sure you stand up and have no time for bullying?
5. How are you going to raise awareness about mental health and stand up to the stigma surrounding mental illness?
6. What does “inclusion” look like to you?
7. How can you be more inclusive and be a better ally?
8. What is your passion? What makes you happy? How can this help you feel better?
9. How can you start practising self-care or improve your self-care routine?
10. How can you be a more positive role model and leader?

TRUE OR FALSE (Answers)

1. **False**
2. **True**
3. **True**
4. **False**
5. **False**
6. **True**
7. **True**
8. **True**
9. **True**
10. **True**