

Dealing with Bullying

Worksheet: Support, Normalisation & Self-Respect

Purpose:

This worksheet is designed to support understanding, validation, and wellbeing for people affected by bullying. It avoids revisiting specific incidents and focuses on safety, self-respect, and support.

Go at your own pace. You may skip any section that does not feel supportive.

Important note

This worksheet is an educational support tool, not a replacement for professional mental health support. If bullying is ongoing or threatening safety, seeking professional or organisational support is strongly recommended.

Part 1: Normalising the Impact of Bullying

Read the statements below and note any that feel true:

- Bullying can affect confidence and self-esteem
- Strong reactions are a normal response to repeated harm
- Being impacted does not mean I am weak
- I may still feel effects even if the bullying has ended
- My experience deserves to be taken seriously

Reflection (optional):

What feels validating to read here?

Part 2: Understanding What Bullying Is Not

Bullying is **not** caused by:

- Being “too sensitive”
- Not trying hard enough
- Failing to stand up for yourself
- Something inherently wrong with you

Which of these reminders feels important for you?

Part 3: Supporting Yourself Gently

When dealing with the effects of bullying, gentle support matters.

Reflect below:

- One thing that helps me feel safer or steadier:

- One situation, environment, or interaction I might reduce or limit if possible:

- One way I can be kinder to myself right now:

Part 4: Support and Boundaries

You are not required to manage this alone.

- Who or what feels supportive or safe for me?

- What kind of support feels most helpful right now?
(e.g. listening, advocacy, practical help, professional support)

Part 5: Rebuilding Self-Trust and Confidence

Bullying can disrupt how we see ourselves.

Reflect gently:

- One quality or strength I still carry:

How to Access Further Support in New Zealand:

- Contact your local GP
- Dial 111 for immediate support
- Free call or text 1737 any time for support from a trained counsellor
- Lifeline – 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- Youth line – free text 234, call 0800 376 633, webchat at youthline.co.nz, DM on Instagram @youthlinenz, message on Whats App 09 886 56 96.
- Samaritans – 0800 726 666
- Suicide Crisis Helpline – 0508 828 865 (0508 TAUTOKO)
- Depression Helpline – 0800 111 757 or free text 4202 To talk to a trained counsellor about how you are feeling or to ask any questions
- Anxiety NZ – 0800 269 4389 (0800 ANXIETY)