

Article: "Words Help Heal" • Issue: March 23, 2009

Name: _____ Class: _____ Date: _____

Text-to-Self

Directions: In the article "Words Help Heal," you read about the struggles a girl had with bullying. She received letters not only from people who had been victims of bullying but also from bullies and bystanders. Read the situation and text-to-self questions in the column on the left. Write your answers in the column on the right.

Situation	My Experience
<p>Someone bullied you. What happened? How did you respond? How long did it continue? How did you feel?</p>	
<p>You saw someone being bullied. What happened? Did you do anything? How did you feel?</p>	
<p>You bullied another person. What did you do? Why do you think you did it? How did it make you feel? How did it probably make the other person feel?</p>	

WRITE NOW!

Think about a problem you have faced in your life. Now think about a person—parent, sibling, friend, teacher, etc.—who helped you overcome this problem or helped you feel less alone. Explain this in a well-organized paragraph.