

Self-reflection: Body language bullying

Body language bullying is using faces, gestures, and body language, like rolling one's eyes or whispering while looking at the target.

Have you ever been a victim of body language bullying? _____ Describe what happened:

How did it make you feel? _____

How did you try to deal with it? _____

Is there anything you would do differently now? _____

Have you ever made someone else a victim of body language bullying? _____

How did that make you feel? _____

Why do you think you did it (be honest with yourself)? _____
