

# MY DAILY JOURNAL



Day: \_\_\_\_\_

Date: \_\_\_\_\_

## STOP THE BULLYING

Just write to get your thoughts and feelings out. Don't worry about grammar, spelling or punctuation. If you need more space, write on the back, or add more pages. If a picture or poem would help, do it! There is no right way. There is no wrong way. This is your journal.

### What was said or done to you?

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### How did it make you feel?

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### Who was involved?

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## LEAVE ME ALONE!

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**Where and when did this happen?**

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**Was anyone with you?**

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**What do you wish had happened instead?**

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**Did anybody else know what happened? Did anybody do anything to make you feel better?**

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**What adult do you trust to ask for help?**

**When will you discuss this with him/her?**

**What do you want to happen?**

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**LEAVE ME ALONE!**