

# WHAT'S WHAT i AM

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Education Resource Guide



## SECTION 4

Printable Student  
Reflective Journal

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## that's what i am

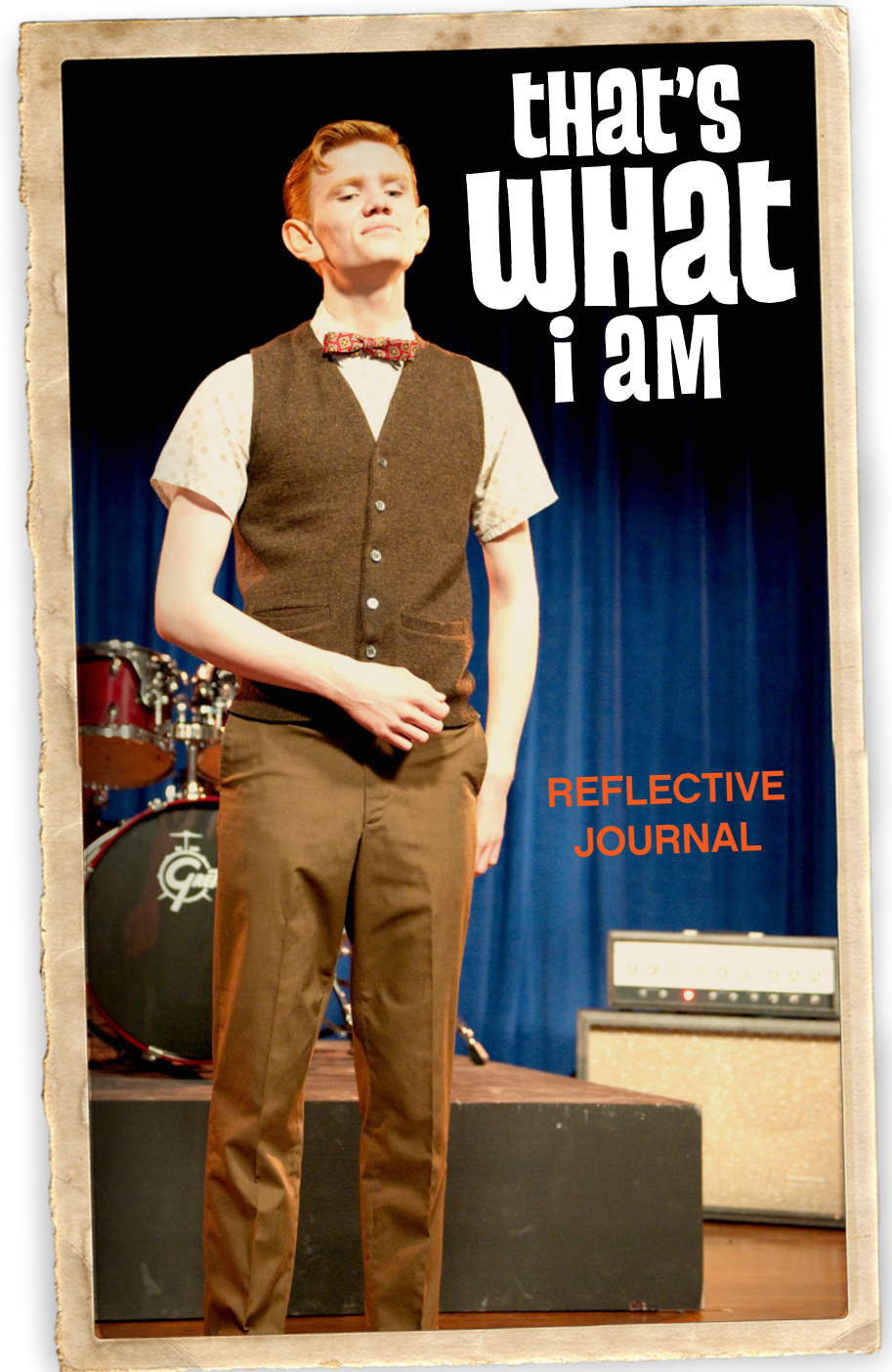
### RESOURCES FOR STUDENTS

[www.kidshealth.org/teen](http://www.kidshealth.org/teen)

[www.nsteens.org](http://www.nsteens.org)

[www.pbskids.org/itsmylife/friends/bullies](http://www.pbskids.org/itsmylife/friends/bullies)

[www.stopbullying.gov/teens](http://www.stopbullying.gov/teens)



NAME: \_\_\_\_\_

I am empathetic, that's what I am!



Empathy is being able to imagine the feelings and thoughts of another.

Write about a time when you have shown or felt empathy:

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Write about a time when you wish you would have shown or felt empathy:

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What is your personal goal for practicing empathy?

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How can empathy help you deal with a bullying situation?

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Your Thoughts:

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# identity

## that's what i am

I have an identity; I am who I want to be!



Identity means having a sense of self. When you have an identity, you stay true to who you are and what you believe in.

Write about a time when you have stayed true to who you are:

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Write about a time when you wish you would have stayed true to who you are:

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What is your personal goal for portraying a sense of self?

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How can a strong sense of identity help you in a bullying situation?

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# DIGNITY

## that's what i am

I treat others with dignity, that's what I do!



Dignity is behaving in a way that shows self-respect and a sense of pride.

Having human dignity means believing every human being is worthy of honor, respect, and ethical treatment.

Write about a time when you have shown you have human dignity:

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Write about a time when you wish you would have shown human dignity:

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What is your personal goal for demonstrating human dignity?

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How can valuing human dignity help you deal with a bullying situation?

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# COURAGE

that's what i am

I am courageous, that's what I am!



Courage is being able to act in accordance with one's beliefs in difficult situations.

Write about a time when you have demonstrated courage:

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Write about a time when you wish you could have demonstrated courage:

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What is your personal goal for gaining courage?

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How can courage help you deal with a bullying situation?

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# RESILIENCY

that's what i am

I am resilient, that's what I am!



Resiliency is the ability to bounce back from challenging and painful situations.

Write about a time when you were resilient:

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Write about a time when you wish you could have been more resilient:

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What is your personal goal for being resilient?

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How can resiliency help you deal with a bullying situation?

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# RESPONSIBILITY

that's what i am

I am responsible, that's what I am!



"Tolerance – It's not even saying you have to like the other person. It's just saying leave them alone."

Responsibility means to respond when appropriate and to be accountable for your actions. When you are responsible, you are trusted.

Write about a time when you were responsible:

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Write about a time when you should have been responsible but were not:

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What is your personal goal for making sure people know they can count on you?

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How can responsibility help you deal with a bullying situation?

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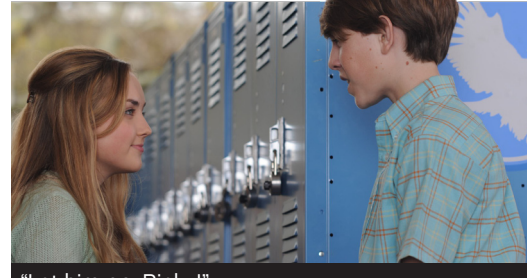
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# FRIENDSHIP

that's what i am

I am resilient, that's what I am!



"Let him go, Ricky!"

Friendship means to make and keep a friend through mutual trust and understanding.

Write about a time when you have been a good friend:

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Write about a time when you could have been a better friend:

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What is your personal goal for being a good friend?

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How can a friend help you deal with a bullying situation?

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# MORALITY

## that's what i am

I am a moralist, **that's what I am!**



"It's for the sake of the children that I won't deny it, true or not."

Morality means knowing the difference between right and wrong and being willing to choose and stand up for what is right. Being a moralist means you value the importance of honesty and doing the right thing.

Write about a time when you made the right choice:

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Write about a time when you wish you would have made a better choice.

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What is your personal goal for being able to stand up for what is right?

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How can the ability to stand up for what is right help you in a bullying situation?

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# ADVOCACY

## that's what i am

I am an advocate, **that's what I am!**



"Leave him alone!"

Advocacy is supporting or standing up for something or someone in the face of adversity.

Write about a time when you were an advocate for another person:

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Write about a time when you felt like being an advocate but chose not to do so:

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What is your personal goal for being an advocate? Name something or someone you plan to advocate for.

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How can advocacy you to help someone else in a bullying situation?

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