

# Journaling Activity Worksheet

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

**Instructions:** Answer the following questions. You may use an extra sheet of paper if you prefer.

What specific things do you do to protect yourself from cyberbullying?

Have you ever been cyberbullied? If yes, how did you feel? If no, how do you think you would feel if you were cyberbullied?

What is one thing you and your friends could do to prevent cyberbullying from happening to others?

