



Name:

Date:

How to Deal with Haters: Independent Learning Guide

The role models in the video "[How to Deal with Haters](#)" discuss haters or bullies. They share their experiences, give advice, and provide guidance on dealing with bullies and bullying situations.

Watch the video "How to Deal with Haters" at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. **One role model told us that "on your journey to...success, you will find a lot of people that are going to try to tear you down."**

Why might someone try to "tear" someone else down? What could this look or sound like?

- 2. **Setting boundaries for your relationships is one way to help ensure that people treat you respectfully. As one role model says, "You do not allow people to treat you as a garbage can...you don't get to come to me with any type of negativity."**

Why do you think setting relationship boundaries is important? Do you have any boundaries that you have set to help keep your relationships respectful? If so, what are they?



- 3. One role model said, "If you have haters, that means that you are doing something that they are not."**

Why do you think the role model chose to share this idea? Can you think of any examples of this from your own life or from books or movies?

- 4. When someone is being bullied, it isn't always easy to decide what to do.**

What options would you suggest to someone being bullied? Who could they talk to? What could they do to help stop, prevent, or overcome the situation?

- 5. Haters don't only exist at school or in your community. There are also haters online.**

Where might you encounter haters online? What should you do if someone is bullying you online?



6. **"You may not believe in yourself in that moment, but you've got to keep going. You've got to keep striving."**

How might a strong, positive statement like this help someone being bullied? How might it help you? Can you think of any other strong, positive statements that may help someone being bullied?
