

**LB | 43**

TERREL BERNARD

AGE: 25 (May 7, 1999) | **HT:** 6-1 | **WT:** 224**COLLEGE:** Baylor**NFL EXP:** 3 Years**HOMETOWN:** La Porte, TX**ACQUIRED:** Draft (2022, R3) **TerrelBernard_2** **terrelbernard_2**

FIRST-AND-10

TERREL BERNARD was selected by the Bills in the third round (89th overall) in 2022 after spending his collegiate career at Baylor. In his second year in Buffalo, Bernard led the Bills in total tackles with 143 and ranked 8th in the AFC.

SHOUTOUTS

- Bernard joins Greg Lloyd 1989 (PIT), Richard Dent 1990 (CHI), Seth Joyner 1991 (PHI) as the only players since 1982 to have recorded 6+ sacks, 3+ INTs and 3+ fumble recoveries in one season.
- Finished the 2023 season with a team high 143 total tackles, the most tackles by any Bill in a season since 2017 (Preston Brown-144).
- Totaled 6.5 sacks on the season the highest by a Bills linebacker since Lorenzo Alexander had 6.5 in 2018.
- Recorded 2 sacks vs NE (12/31/23) for his 2nd career multi-sack game (had 2 at WAS 9/24/23).
- Recorded a sack at LAC (12/23/23) and finished the game with seven tackles adding a QB hit and a TFL.
- Caught his third interception of the season, picking off Jalen Hurts at PHI (11/26/23) and collected five tackles raising his season total to 104. Reached the 100-tackle milestone for the first time in his career.
- Shared in a take down of Zach Wilson vs NYJ (11/19/23) for his 3.5 sack on the year.
- Logged a game-high 13 tackles vs DEN (11/13/23) and collected a sack and a QB hit.
- Recorded game-high 11 total tackles at NE (10/22/23) his fourth career game with 10+ tackles and third in row.

PERSONAL

The son of Laura Bernard. Graduated with a degree in health, kinesiology and leisure studies. Pursuing a master's degree in sports management. He and his fiancé Tayler got engaged in March of 2024 and she is a doctor of physical therapy.

IF YOU HAVEN'T HERD

RECHARGE

After each season Terrel likes to take at least one vacation in which he titles 'recharge.' This past season he chose Tulum, Mexico where swam with dolphins and spent time eating tacos and relaxing on the beach, which was made better with his fiancé Tayler and closed on a new house. The year prior the two spent time in Turks and Caicos in which he described as 'a time to be had.' "Yeah after a season you want to spend time just trying to get your body and your mind right and the beach or spending time with family is a nice reset and you get a second wind to prepare for the upcoming season. It's a blessing I don't take a single moment for granted and try to enjoy every single day and being present with them."

HELPING HAND

The Each year, thousands of men, women and children in Western New York turn to the Buffalo City Mission for a second chance. They start by welcoming them with the basics: a good, nourishing meal, a clean bed in a safe shelter and any other physical needs people have when they come for help. They work to pull homelessness and poverty out of people's lives by the roots – addressing their long-term trauma through education and life skill classes, Christ-centered counseling and spiritual guidance so they can heal, inside and out.

This offseason Terrel has spent some time with them and gave his thoughts..."I had a great time, being able to use my platform and give back is always nice to do because you have a chance to smile on someones face."

"Seeing the less fortunate and listening to their stories is so impactful. Cause that's what it's about they want someone to hear them. Hearing their plans to move forward to continue too persevere push through and try to make change. It's something that I want to be a part of because that's just being a human being. Being there for people when they are in need and lending a helping hand, while at Baylor I did a bit of it in Waco but now I have a bit more free time on my hands so I try and get out when I can."