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TERREL BERNARD

BORN: May 7, 1999 | HT: 6-1 | WT: 224 | 5th year

COLLEGE: Baylor

ACQUIRED: Draft (2022, R3)

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FIRST-AND-10

TERREL BERNARD is entering his fifth year with the Bills after being selected in the third round (89th overall) in 2022 after spending his collegiate career at Baylor. He signed an extension in 2025 extending his stay in Buffalo through 2029.

SHOUTOUTS

- Collected 104 total tackles in 2024, marking his second consecutive year with 100+ tackles.
- His forced fumble and fumble recovery vs BAL (1/19/25) set up an ensuing score for the Bills in the AFC Divisional round securing a win.
- Recorded a game sealing INT vs KC (11/17/24) picking off Patrick Mahomes in the final minutes of the game and added a sack. It was the second INT and sack combo of his career at WAS (9/24/23).
- Caught his first interception of 2024 picking off C.J. Stroud at HOU (10/6/24) and collected one pass defended and five total tackles.
- In 2023, Bernard joined 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 in 2023, the highest by a Bills linebacker since Lorenzo Alexander had 6.5 in 2018.
- Caught his third interception of the season, picking off Jalen Hurts at PHI (11/26/23) and collected five tackles and reached the 100-tackle milestone for the first time in his career.

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 fiancée 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.' In 2025, he chose Tulum, Mexico where swam with dolphins and spent time eating tacos and relaxing on the beach, which was made better with his fiancée 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

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. Last offseason Terrel 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 someone's 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 to 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."

THE STAMPEDE

Favorite food: Steak Alfredo from Ricks on Main in East Aurora
Hobbies: Painting
Hidden talent: Can juggle
Little known fact: Mother and grandfather were D1 Athletes



TERREL BERNARD

TERREL BERNARD'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES							INTERCEPTIONS					FUMBLES				ST				MISC			
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Bills	16	1	16	7	9	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	6	4	2	0	0	0	0
2023	Bills	17	17	143	84	59	10	33	6.5	32.0	9	3	2	2	0	5	0	3	0	-1	0	0	0	0	0	0	0
2024	Bills	13	13	104	55	49	5	17	1.0	6.0	3	2	1	1	0	3	0	1	0	0	0	0	0	0	0	0	0
2025	Bills	12	11	65	44	21	7	26	0.0	0.0	2	1	24	24	0	3	0	2	0	0	0	0	0	0	0	0	0
TOTALS		58	42	328	190	138	22	76	7.5	38.0	14	6	27	24	0	11	0	6	0	-1	6	4	2	0	0	0	0

TERREL BERNARD'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES				ST				MISC			
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A	
2022	Bills	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	0
2023	Bills	1	1	4	3	1	0	0	0.0	0.0	0	0	0	0	0	2	0	1	0	0	0	0	0	0	0	0	0	0
2024	Bills	3	3	16	10	6	1	3	0.0	0.0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0
2025	Bills	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOTALS		5	4	20	13	7	1	3	0.0	0.0	0	0	0	0	0	2	1	2	0	0	1	0	1	0	0	0	0	0

SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 16 vs. Jacksonville Jaguars, Oct 08, 2023
Solo Tackles 10 vs. Arizona Cardinals, Sep 08, 2024
Sacks 2.0 vs. New England Patriots, Dec 31, 2023
Passes Defensed 2 vs. Tampa Bay Buccaneers, Nov 16, 2025
Fumble Recoveries 1 vs. New England Patriots, Oct 05, 2025

Tackles For Loss 3 vs. New England Patriots, Dec 31, 2023
Interceptions 1 vs. Miami Dolphins, Sep 18, 2025
Interception Return Yards 24 vs. Miami Dolphins, Sep 18, 2025
Special Teams Tackles 4 at Kansas City Chiefs, Oct 16, 2022