

**DO I HAVE A
BULLY BUDDY
IN MY BRAIN?**



Do I Have A Bully Buddy In My Brain?

THE BOOK



By

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Based on the
Martial Arts for Peace Series books
By Dr. Terrence Webster-Doyle



Do I Too???



And also all of us?

Chapter 1

What Is A Bully?



Look at Me! What Do You See?

Have you ever been frightened by a bully? How did that person look? What did you see? What did that person say? Did you sense that person was a bully? Why do you think so?

Did this person act strong and powerful and try to scare you, or try to force you to do something? If so, that's what a bully does.

Did this person say angry and mean things to you that made you feel bad or frightened? Has anyone tried to hurt you by calling you names or putting you down? If so, these are things a bully says and does.

Were you ever bullied by:

- ❖ A friend?
- ❖ A family member?
- ❖ A teacher?
- ❖ Someone else?
- ❖ A dog?
- ❖ A creature that frightened you?

When you look at a person, what exactly do you see? Try this now with someone in the room with you – or someone you are going to see soon. Who is that person? What do you see? Someone happy? Angry? Scary? Friendly? Is that person a bully?

- ❖ How do you recognize a bully?
- ❖ Describe how a bully looks.
- ❖ How does the bully make you feel?
- ❖ Do the bully's angry words and actions make YOU feel angry?

If you've ever felt mean and angry, have you ever been cruel to another person -- by being insulting or threatening? Have you ever tried to put down someone weaker than you? If so, do you think it's possible that YOU have been a bully?

What Makes a Bully Feel Like a Bully?

Here are some things that can turn anyone into a bully. See if any of them apply to you in some way:

- ❖ Being told what to do.
- ❖ Being scolded for not doing what an adult asked you to do.
- ❖ Feeling left out.
- ❖ Not having friends in school.
- ❖ Not doing well in class.
- ❖ Wanting to do something that's off limits.
- ❖ Being bullied by someone else.
- ❖ Not being able to talk about things that bother you.
- ❖ Being part of a family that doesn't talk about these things.

If you have felt any of these things, is there something you can think of you could do to NOT be a bully?

Things I Could Do to Not Be a Bully

- ❖ Look at myself, and SEE my anger.
- ❖ Recognize any authority who wants to control me.
- ❖ Take a moment to understand my condition.
- ❖ Think peacefully -- instead of what I usually do.
- ❖ Understand why bullies act the way they do.
- ❖ See the situation, right as it happens – see through it!
- ❖ Be AWARE – in the moment.
- ❖ When I want revenge – help myself to not go there!

Add to the list!

Is There A Bully Inside Me?



See these kids? They don't look like bullies, do they? What do you see? How do they look? What do you think they are saying?

Is it possible that they might have a bully inside them who jumps out when they get upset or angry about something, or with someone?

Do you think there may be times when they become bully-like? Why do you think that happens? Do you think that maybe sometimes there are people who upset them or make them angry?

Have you ever been aware of a bully inside you? Draw a picture of the bully you think may live inside your head. Bullies come in all shapes, sizes, ages, skin colors and nationalities. What does the bully in your head look like?

What are some things a bully says? Write some bully speeches!

- ❖ Hey, kid! ...
- ❖ Stop! ...
- ❖ Give me ...
- ❖ Where do you think...
- ❖ If you don't do what I say...

Add some of your own!

It's good to understand that bullies are people with problems. They are unhappy for some reason and don't know how to deal with their problems, so they take out their feelings on other people. They are all angry and hurt, and that's why they often act tough.

**Bullies sometimes become bullies
because someone once bullied them.**

Do you think that underneath their tough behavior, bullies are really just like you and me? Why do you think so?

Chapter 1 – Activity
Pretend You Are A Bully!



Take a turn with your friends or fellow students in order of whoever wants to go first.

Get ready to pretend that you are a bully – right now!

How would you stand?

What would you do? What would you say?

What's your bully's name?

Where does your bully come from?

Where does your bully live?

What do you want to show others in your performance as a bully? How tough you are? How smart you are?

Do you want to show others that you don't like bullies?

Do you want to show others that you understand why a bully becomes a bully?

Chapter 2

There's A Bully In My Brain



How I Know There's a Bully in My Brain

Complete each of these sentences as fast as you can!

- ❖ When I get angry, I sometimes really want to.....
- ❖ Sometimes I get upset, but I don't want others to know I'm upset, so what I do is...
- ❖ The last person I got angry with was..... and what I did was...
- ❖ It feels good sometimes to push people around and tell them what to do because it makes me feel...
- ❖ The bully in my brain shows up whenever I hear...
- ❖ The bullies I've seen at school make me want to...
- ❖ The bully in my brain shows up whenever I see...
- ❖ There is definitely a bully in my brain. I can tell because...

People Say Bullies Are Not Good for Us



There are always news stories on TV, in magazines and newspapers, at schools and within communities, talking about how bad bullies are. Have you seen stories like this?

Bullies can and do hurt people, so in that sense they are really not good.

Still, if you've been a bully, do you want to think of yourself as a bad person?

Do you think it's possible that if you have a bully inside your head, maybe you are a good person who just gets angry sometimes?

My Experience with a Bully

- ❖ Do you remember having to deal with a bully?
- ❖ What happened?
- ❖ What do you think the bully was thinking?
- ❖ What were you thinking?
- ❖ What do you think the bully was feeling?
- ❖ What were you feeling?

My Experience Being a Bully



- ❖ Do you remember a time you were a bully?
- ❖ What happened?
- ❖ What were you thinking?
- ❖ What did you say?
- ❖ What did you do?
- ❖ How did you feel?
- ❖ How do you think the person you bullied felt?
- ❖ Did it make you feel powerful?
- ❖ Did it make you feel good?
- ❖ Did it make you feel bad?

What is one thing you learned when you were bullied?

Did you learn something by being a bully? What did you learn?

Chapter 2 – Activity

How I Stand Up to a Bully!



Think about how you would finish these sentences!

I must be ready for a bully. To get ready, I would:

I need to be smarter than the bully. So, if a bully looks like he or she is getting ready to attack me physically, I would:

If a bully is really just another human being like me, I have to think about what would work on me if I were bullying someone. In that case, I would:

I'd like to think that if I understand why a bully is the way she or he is, I could help that person. But maybe not! The best way to approach being helpful is:

I like to make people laugh if I can, so if a bully was getting ready to attack me, I would:

It always seems that I need to choose between fighting and running away. I think there's another choice. I would:

Chapter 3

Is the Bully in My Brain There For A Reason?



Do you think there's a chance that the bully inside your brain – which comes out sometimes – could be there for a good reason?

What do you think might be a good reason for the bully in your brain to be there?

Reasons My Bully Might Be Good

- ❖ The bully in my brain might be smart.
- ❖ The bully inside my brain might be there to protect me.
- ❖ The bully in my brain might have an instinct I don't have.
- ❖ When I'm angry or upset, maybe I can have a private talk with the bully inside my brain.
- ❖ The bully inside my brain could be a buddy sometimes.

If you've been a bully, have you considered that you can control what your bully says and does – maybe use that bully as a friend – a buddy who can help you think of positive ways to get out of conflict?

If you can see the bully inside your brain as your buddy, how does that change the way you see the bully inside you? How does this change how this bully looks?

Ways the Bully in My Brain Could Be a Buddy

- ❖ If I know what that bully in my brain is thinking, I could think through a tough situation and maybe not get angry or upset.
- ❖ If I can make a good guess about how the bully in my brain is feeling, I could be more understanding and then NOT want to attack or control the bully – or anyone else.
- ❖ If I give the bully in my brain a name and figure out how my bully looks – maybe that would make the bully inside me more friendly.
- ❖ Here are some names I can call my Bully Buddy:

Choose some names!

- ❖ If I recognize the bully inside me as a friend, a buddy, could this change how I see the bullies inside other people?



When we recognize that there is a bully inside all of us – do you think that could be a good thing to accept? Why do you think so?

Do you think we may have a bully inside us for a good reason – maybe your bully buddy is there to help you in some way?

Does it feel strange to think of a bully inside you as being there for a good reason? Why?

Do you think it's possible that your bully buddy could help protect you in some ways? What ways?

How My Bully Buddy Can Help

What are some ways you think your Bully Buddy could help you?

- ❖ My Bully Buddy could help me feel more sure of myself.
- ❖ My Bully Buddy could help me see other people as being more like me.
- ❖ My Bully Buddy might be able to tell if someone is trying to scare me – or bully me.
- ❖ My Bully Buddy might know how to stand up to such a person.

- ❖ This Buddy can help me SEE how conflict happens at school, where I live, in my community and in the world.
- ❖ When we can SEE that wars happen because the bully inside all of us gets angry enough to fight – maybe that will stop bullies from fighting.

Using Your Bully Buddy to See Clearly

Can you think of a situation where having a Bully Buddy can help you at home? What is it?

Can you think of a situation where having a Bully Buddy inside you could help at school? In what ways?

How about in your neighborhood?

How about in the world?

Chapter 3

Being Peaceful

Role-play Instructions



Choose someone to be your partner – could be someone at school, a friend, or someone at home.

Ask that person to be the Bully Buddy inside your head, and then have the conversation on the next page.

Do the role-play on the next page – then return to this page.

After the role-play, ask yourself:

- ❖ Did the roleplay teach you anything new?
- ❖ What did it teach you?
- ❖ Did it help you stay in the moment – and do your best to instantly understand the situation?
- ❖ How did that feel?
- ❖ How do you think this “stay in the moment” way could be helpful to you?

Congratulations on thinking in a new way!

Chapter 3

Role-play: Being Peaceful

You

There's a kid in school I hate!

Bully Buddy

Stop hating!

You

He keeps telling me he's going to beat me up!

Bully Buddy

Stop being scared!

You

I don't want to get beat up!

Bully Buddy

So how about thinking about some peaceful ways to protect yourself!

You

Like what!

Bully Buddy

Read the 12 Ways to Walk Away With Confidence! Read them now!

You

Where are they?

Bully Buddy

(Hands you a copy of the 12 ways.) Here! Right in front of your nose! Start studying, Buddy! And practicing!

Chapter 4

A Real Threat



These days, we face lots of threats – at home, at school, in our communities and in the world.

- ❖ Are these threats scary and do you think they can they affect how you think and feel?
- ❖ Do threats make us feel frightened, upset – with ourselves as well as others, and make us feel that we aren't safe?
- ❖ If the bully inside you really is a buddy, could this buddy help protect you in case you have to face a threat?
- ❖ Do you think it's possible that the bully in your brain can tell the difference between a real threat and one that isn't real?

Sometimes, we think we are facing a real threat, but, in fact, it's only our imagination! Has that happened to you? Did you ever get scared, and then discover there was really nothing to be scared about?

**It's important to be able to tell a real threat
from a make-believe threat.
Can your Bully Buddy do it?
Can YOU do it?**

When A Real Threat Happens

Can you name a real threat that you've had to face? What was it? Did someone get angry with you, threaten you, or scare you? What happened? Think about it.

When the threat happened, did you have a Bully Buddy? Did your Bully Buddy react? Did you and your Bully Buddy get angry, or fight, or run away? What did you do?

- ❖ Do you think that fighting with, or running away from, a bully who physically threatens you is the best way to handle a bully?
- ❖ Is it best to deal with a bully by just putting up your fists and fighting? Does that feel good?
- ❖ Do you think we can benefit from having strong mental skills to deal with a bully – in addition to physical skills?
- ❖ What are some mental skills you think could help make you smarter than a bully – and would your Bully Buddy help you be smarter?

Prevent! Prepare! Protect!

When we can think peacefully and wisely – in the moment – we are likely to act differently than if we are upset or angry.

- ❖ If we face a physical threat – if someone threatens to hurt us – if we freeze up, fight or run away – then we are acting out of fear.
- ❖ The way we WANT to act is to be SMART in a situation like this, and do our best to PREVENT this threat from growing into a fight. Right?

This is why we need to learn the Three Ps: Prevent! Prepare! Protect!



PREVENT – A FIGHT!

We can prevent a fight from happening by avoiding it – by simply saying no to fighting. You can stand there, you can turn around, you can walk away. How would you do this?



PREPARE – TO USE YOUR BRAIN!

Use your brain instead of your fists. You can try to talk things out instead of getting angry and jumping into a fight. What kind of talking would you do to help prevent a fight?



PROTECT – YOURSELF!

Protect yourself by learning how to fight – so you don't have to! In other words, learning how to fight gives you confidence so you never have to get into a fight to begin with. Do you think learning some peaceful fighting skills would help you never have to use them?

Chapter 4
Activity A: I Can Prevent A Fight!
Finish the Sentence!



Finish the sentences below with the first thing that pops into your mind!

- A kid who is older, taller and stronger than I am approaches me and asks me for my ice cream cone. He says he will hit me if I don't give it to him. This is a real threat! What I would do is....
- My parent tells me that if I don't clean up my room, I won't be able to watch my favorite TV show. I get very angry, because I don't want to clean my room. What I do is...
- A friend of mine grabs one of my games without asking for it. This makes me very angry. I really want to hit that kid – but, wanting to prevent a fight, what I do is...
- On the playground a couple of kids push me down, on purpose. This gets me very upset, and besides, it hurts. What I do is...

Chapter 4
Activity B: I Can Prepare by Using My Brain!
Finish the Sentence!



Finish the sentences below with the first thing that pops into your mind!

- My parent tells me I'm grounded for a week, so I can't go to a friend's house for a party happening this weekend. Using my brain, what I do is...
- My teacher tells me that if I'm late again with my homework assignment, I will fail the class. Using my head, what I do is...
- There are a group of kids at school who enjoy bullying people who are shorter or smaller than they are. I'm one of those smaller people. They always laugh at my jokes, so next time I see them coming, what I do is...
- When I'm approached by a bully, I tend to lose all confidence. My stomach starts to feel queasy and I get nervous. The next time I'm approached, I have to try something new. I will...

Chapter 4

Activity C: I Can Protect Myself!



Finish the

Sentence!

Finish the sentences below with the first thing that pops into your mind!

- Since I've been studying the martial arts, I'm feeling more confident about handling bullies. The next time a bully approaches me with anger in his or her eyes, I will...
- I'm starting to learn the twelve ways to walk away with confidence! So the next time I'm approached by a bully, I will...
- I have never tried having a real conversation with a bully. Usually I just break down or fall apart. I'm going to think of a good conversation and prepare to protect myself with words. For example:
- When I see a bully coming, my first instinct is to run away. This never helps, because the bully calls me a coward. If the bully asks me for something, instead of running, maybe I could....

Chapter 5

An Imagined Threat



This chapter may be the most important of all! These days, in a world with lots of threats – sometimes the threats we experience are imagined! They may not be real at all! They are only images but we may think they are real and become afraid and want to protect ourselves.

Can you think of a time you felt threatened or frightened, and the threat turned out to be not real? Maybe you watched a TV show and later that night, you imagined someone was breaking into your house. Has that happened to you?

**It's important to be able to tell a real threat
from an imagined threat.
Can you do it?**

How do we learn to tell the difference between a real threat and one that lives only in our imagination? How do we SEE – in the moment – when an image is not real?

Recognizing a Real Threat

Do you think any of these are real threats?

- ❖ A hurricane
- ❖ A forest fire
- ❖ An earthquake
- ❖ A tornado
- ❖ A person getting hit
- ❖ One country attacking another country
- ❖ One person physically attacking another person

A real attack can come from a single person -- someone at school, someone at home, someone who works or lives nearby.

Do you think any of these are imagined threats?

- ❖ A scary movie or TV show
- ❖ A fire alarm that goes off accidentally
- ❖ A bully who pretends to be tough
- ❖ Someone who scares you for fun
- ❖ A sales person who demands that you buy something
- ❖ A politician who threatens the world will end

Recognizing an Imagined Threat

There are threats that can seem real to us, but really aren't. However, when they happen, we may still feel frightened, and feel a need to protect ourselves.

Our mind does not always know the difference between a real and an imagined threat – and this can make us feel afraid. When we feel scared, we shut down. That's why we need to learn how to tell the difference between an actual threat and a made-up one.

Ask yourself the following questions!

Do you think people try to scare us on purpose sometimes?
When do you remember that happening?

When you got scared, were you able to tell if the threat you
were feeling was real?

After the scare was over, did you find out that it was not real?
If so, how did you feel?

Do you think there are some good ways to recognize when a
threat isn't real, so you can prepare to handle it?

What are some ways to recognize a false threat?

Remember the three Ps? Maybe we can use them here.

Prevent fear! When you feel a threat and don't know whether or not
it's real, it's important to look at it!

Prepare to use your brain! Let your brain get a feeling of whether
the threat is really a danger.

Protect yourself! Be aware in the moment! Wake up your brain to
think intelligently. Think before you act!

Sometimes the best way to learn about telling the difference
between a real threat and an imagined threat is to hear a story that shows
us how an imagined threat can create fear.

Read the story on the next page, and then answer the questions on
the following page.

Chapter 5 - Activity

False Image, False Alarm

A Story

Many years ago, in a California town, townspeople had contacted a town in another country that had the same name. Some of the people in the other country decided to visit the U.S. town. Many people in California were nervous because, to them, the people from this other country were thought of as an “enemy” — a concept that had been programmed into them by their upbringing.

**When the foreigners arrived,
they were not what the Californians had expected.
They were dressed like Americans, looked like Americans,
walked like Americans — and some spoke excellent English!**

One of the Californians picked a shy lady to talk with, who returned his hello. She said, “We are glad to be here.” In a split second, although she looked and dressed like an American, it turned out she was from the other country. In an instant, she became “one of them” — his supposed enemy!

In that next moment, he froze and felt the urge to protect himself or run away. His brain shouted, “Danger! Enemy attacking!” His stomach knotted up, his palms were sweating, his eyes widened, and his heart was beating fast! He was ready to fight her, or run away from what he considered a threat.

But where was the threat? What was making him prepare to fight or to run away? It was his prejudiced vision, conditioned by years of repeated judgments about these dreamt up enemies. But now, right in front of him, was reality, in the form of a real person who was nothing like the “enemy” his conditioned mind had envisioned. She even spoke perfect English!

This experience showed him that he could fear or hate other people — in the name of self-protection. This type fear and hatred is not necessary – but we human beings are the ones who keep it alive.

Chapter 5 - Activity

False Image, False Alarm

Questions!

- ☐ What do you think of this story? How did it make you feel?
- ☐ Did you SEE how the American man's basic thought – something he had learned in his upbringing – became a believed statement of information for him that wasn't real?
- ☐ Do you think that what he believed is probably believed by other people, too?
- ☐ When many people begin to believe something that isn't true, do you think this can lead to a dangerous group belief?
- ☐ We are “conditioned” by so many things in our daily life, that sometimes we're not aware of them.

Many people are conditioned to fear and hate – and feel they must do so to protect themselves against an imagined enemy. This is called prejudice.

Prejudice begins with a statement of information that is not true.

It's passed along through time and becomes an accepted, unquestioned belief.

**Something to think about!
What does this mean:**

No Image – No Enemy – No War

12 Ways To Walk Away With Confidence

The First Four: Using Our Brain Instead Of Our Fists



Acting Wisely Instead of Out of Fear

- ✓ We live in a world where there are threats every day. Some of them are real, and some are imagined.
- ✓ We live in a world where there's a lot of fighting going on.
- ✓ Most people in the world do not like to fight and would much rather live in peace – without threats, whether they're real or imagined.
- ✓ To be part of a world focused on peaceful living, it will be good for us to learn ways to prevent fear from growing inside us, and therefore prevent a fight from even starting.
- ✓ No matter how a fight begins, we can stop it before it starts by using 12 basic ways to walk away with confidence!
- ✓ Let's start with the first four.

1. MAKE FRIENDS



**Treat the bully as a friend instead of an enemy.
All bullies need admiration and respect.**

✓ **If a bully approaches you and threatens to hurt you if you don't give up your money, what's a way you think you could try to make friends**

- Would you let the bully have your money?
- Would you think of something else to offer the bully?
- Could you offer to help the bully with some homework?
- What do you have to offer the bully?

✓ **How could you demonstrate to a bully that you admire him or her and want to show respect?**

- Would you invite the bully to be friends instead of enemies?
- Would you tell the bully how much you admire something about him or her?
- What's a respectful thing you could do for the bully?

2. USE HUMOR



**You can turn a scary situation into a funny one, but be careful.
Have fun *with* the bully rather than making fun *of* the bully.**

If a bully approaches you and threatens to hurt you if you don't give up your lunch, what's a way you think you could try to use humor?

- Would you let the bully share your lunch?
- Do you know any jokes the bully might like?
- What's something that makes you laugh?
- Can you try treating the bully as a fun buddy?

How could you demonstrate to a bully that the two of you could have fun together?

- Would you invite the bully to go to a ballgame sometime?
- Would you tell the bully things that make you laugh?
- Have you seen this bully laugh about anything?
- Would this help you find ways to make the bully laugh?

3. USE YOUR CREATIVE IMAGINATION



- ✓ **If a bully threatens you in some way, what's something you could pretend that you think might discourage the bully from attacking you?**
 - Would you pretend you have a contagious cold?
 - Would you offer to share the poison ivy on your hand?
 - Would you say a police officer is nearby?
 - Could you pretend to faint?

- ✓ **How could you demonstrate to a bully that you two should not be together in this moment?**
 - Would you tell the bully quickly you have to go, and run off?
 - Would you say your father is a martial artist and is coming to pick you up?
 - Would you offer to help the bully do some homework?

4. WALK AWAY



- ✓ **If a bully threatens you, how could you avoid getting involved with the bully?**
 - Could you just turn around and walk away?
 - Would you walk away and quickly disappear?
 - Would you ignore the bully as if he/she isn't there?
 - Would you back away and wave goodbye without a word?

- ✓ **How could you demonstrate to a bully that you don't want to fight?**
 - Would you say anything before walking away?
 - Would you just look at the bully, turn and go?
 - Would you hold your breath, start walking backwards without turning away until you're a safe distance away?

12 Ways To Walk Away With Confidence

The Second Four : Learning How to Handle A Bully



Stopping A Fight Before It Starts

- ✓ Tell the bully you agree with her or him! This creates a more peaceful situation.
- ✓ One way to stop a conflict is to refuse to fight, no matter what.
- ✓ If you feel insulted by the bully, feel your anger rise up, look at it, then let it go. Try it!
- ✓ No matter how a fight begins, we can stop it before it starts by using 12 basic ways to walk away with confidence!
- ✓ Let's learn the second four ways.

5. AGREE WITH THE BULLY



- ✓ **If a bully threatens you in some way, can you think of a way to think of him or her as a friend?**
 - What's something nice you could say to the bully?
 - If the bully were your friend, what would you want to say?
 - Could you invite the bully to protect you on your walk home?

- ✓ **Is there a way you can think of to show your need to be friends with the bully?**
 - Is there a party you could invite the bully to?
 - Would you say nice things about the bully on how she or he looks, or what clothes he or she is wearing?
 - If you think of the bully as a friend, do you think that would help you try to be comfortable with the bully?
 - If you were a bully, what's something someone could say to you that would make you feel good?

6. REFUSE TO FIGHT



- ✓ **If a bully threatens to attack you, what's a way you could refuse to fight?**
 - Would you fall to the ground and take cover?
 - Would you simply turn around and walk away?
 - Could you make the bully look the other way, and run?
 - Would you try to make friends with the bully?

- ✓ **How could you convince the bully, that no matter what, you are not going to fight?**
 - Would you tease the bully and pretend you could never win a fight with him or her?
 - Could you attempt to tell the bully a joke and change the subject?
 - Would you invite the bully to join you for lunch?

7. STAND UP TO THE BULLY

This can work, but it can also make some bullies angrier. You will need to decide if you think this will work in this situation, with this bully.



✓ What do you think it takes to stand up to a bully?

- Would you show off some of your martial arts moves?
- Would you stand tall and say you're not going to be bullied anymore?
- Could you gather some friends to take a stand together?

✓ How would you demonstrate to a bully that the two of you are better off not fighting?

- Would you tell the bully that nothing he or she says or does will change your mind?
- What action would you take to stand up to a bully?
- Would it scare you to stand up to a bully? If so, how could you turn your fear into confidence?

8. SCREAM/YELL!

A good shout or yell (kiai) can shock the bully and distract him or her for moment, giving you enough time to get away.



- ✓ **Do you think using a big scream or yell could help you get away from a bully?**
 - Have you ever been distracted by a loud noise?
 - Do you think loud noises stop us from what we're doing?
 - Would an unexpected scream from you shock a bully?
 - Do you think the shock would give you time to get away?
- ✓ **Do you think that such a scream or yell signals that danger is coming?**
 - Do you think such a scream might give you a sore throat?
 - Would such a yell start your fighting spirit?
 - Do you think such a scream or yell would help build your confidence if you're threatened by a bully?

12 Ways To Walk Away With Confidence

The Last Four:

Using My Mind and Body Together



Using Mind and Body Together

- ✓ With martial arts movements, we train our bodies to help develop our confidence.
- ✓ With mental martial arts, we train our brain to act rather than react.
- ✓ To be part of a world focused on peaceful living, it will be good for us to learn ways to prevent a fight from even starting – before it grows into something too big to handle.
- ✓ No matter how a fight begins, we can stop it before it starts by using one of our 12 ways.

Here are the final four.

9. IGNORE THE THREATS

The bully may call you names or try to make you angry so that you'll fight. Ignore the threats. Don't respond. Walk away.



✓ **If a bully threatens to hurt you, what would be your first action?**

- Would you cry?
- Would you get scared and look fearful?
- Would you stand tall and show confidence?
- Would you turn around and quickly walk away?

✓ **How could you show the bully that you are not afraid?**

- Would you try to involve the bully in conversation?
- Could you compliment the bully about how he or she looks, talks, acts – maybe has some special talent?
- What would be your favorite way to ignore the bully's threat?

10. USE AUTHORITY

If you feel you cannot handle a bully, or the bully's threats, alone, call for a teacher or some other adult.



- ✓ **If a bully threatens to attack you and you are alone, what can you do?**
 - Would you call for a teacher or other student?
 - Could you call the police?
 - Could you text a parent or friend?
 - What kind of help would you want?

- ✓ **Do you understand that calling for help is not being a coward but, instead, preventing a fight?**
 - Would you shout toward someone you see nearby?
 - Would you text someone as quickly as you can about where you are and the help you need?
 - Can you see how to call an authority is a smart thing to do?

11. REASON WITH THE BULLY

If you're a good talker, perhaps you and the bully can talk it out. It never hurts to try.



- ✓ **Did you know that a bully is often someone who has been bullied and doesn't know how to talk with people?**
 - How would you begin to talk with someone who bullies you?
 - Would you try to compliment the bully, reason with the bully?
 - Would you let the bully know that bullying is not good?
 - Would you just run away?
- ✓ **How could you show the bully that he or she doesn't have to fight to be a winner?**
 - Would you think of some way to show the bully how to be a winner without fighting?
 - Would you ask the bully to help you on a class assignment?
 - Would you invite the bully to a party you know about?

12. TAKE A MARTIAL ARTS STANCE

This is a last resort. This tells the bully you are prepared to protect yourself, if necessary.



- ✓ **If a bully threatens you and you try other ways to walk away and they don't work, would you be ready to take a martial arts stance?**
 - Would taking a stance make you feel more confident?
 - Are you ready to take a stance, which could mean a fight?
 - Do you think that taking a stance would help prevent a fight?
 - Do you agree that this is a last resort?

- ✓ **Do you think this is the best way to show a bully that you don't want to fight?**
 - Would you feel secure enough to take this stance?
 - Do you think the bully would sense your confidence and back off?
 - Do you think that taking a martial arts stance shows a bully that you're not afraid?

Twelve Ways to Walk Away with Confidence
Finish the sentence!



I would MAKE FRIENDS with a bully by....

=====

I would USE HUMOR with a bully by...

=====

I would use my CREATIVE IMAGINATION with a bully by...

=====

If a bully threatened me, here's how I would WALK AWAY....

=====

Here's how I would AGREE WITH A BULLY who gets angry with me.

=====

Here's how I would show the bully that I REFUSE TO FIGHT.

=====

Here's how I would STAND UP TO THE BULLY to show my confidence.

=====

Here's the SCREAM/YELL I would use to shock a bully.

=====

I would IGNORE THE BULLY'S THREATS by doing this.....

=====

The way I would USE AUTHORITY if threatened by a bully is...

=====

The best way to REASON WITH A BULLY would be...

=====

Here's the MARTIAL ARTS STANCE I would take with a bully.

=====

Here's how I can tell the difference between a real threat and an imagined one!



**Congratulate yourself on your good work!
Encourage yourself to keep on practicing!
Celebrate your accomplishments!**

Have a “No More Bullying” Party with your friends!

