

POP the BULLY



12 Ways to Walk Away with Confidence

1. Make friends

A bully can be a buddy!

2. Use humor

This is a time for fun!

3. Walk away

Act instead of react!

4. Use cleverness

The mind is stronger than the body!

5. Agree with the bully

Yield right of way!

6. Refuse to fight

Just say no!

7. Stand up the bully

Let's see that confidence!

8. Scream or yell

Let's hear that voice!

9. Use authority

Help is on the way!

10. Ignore the threat

The bully is invisible!

11. Reason with the bully

Mind over matter!

12. Take a stance

Show your unmistakable intent!

Subdue the Bully the Smart Way

The intent of POP the Bully is to help a young person see the possibility of a threat or not and to respond appropriately if need be.

Pause

The PAUSE is to replace the freeze in the freeze, fight or flight survival instinct so the possible threat doesn't go to immediately the fight or flight reaction which then gets caught up in this impulse.

Observe

Then OBSERVE is to watch or study someone or something with care and attention in order to discover something. The key words are "watch" and "give attention to." This is perception and not the intellect. It is direct perception that is intelligence.

Prepare

Then comes PREPARE where what one has been taught as the 12 Ways to Walk Away with Confidence can come into play as intelligent options to a possible threat. This is the intelligent intellectual response needed to deal with a possible threat. So we have the combination of direct perception and the intellect to intelligently cope with a possible bullying threat.

BULLY BUSTERS™

BE A VICTOR



NOT A VICTIM!

MILD 1

Make Friends
Use Humor
Be Clever
Walk Away

MEDIUM 2

Use Reason
Agree With Bully
Ignore the Threats
Refuse to Fight

HOT 3

Stand Up
Call an Authority
Kiai/Yell
Take a Stance