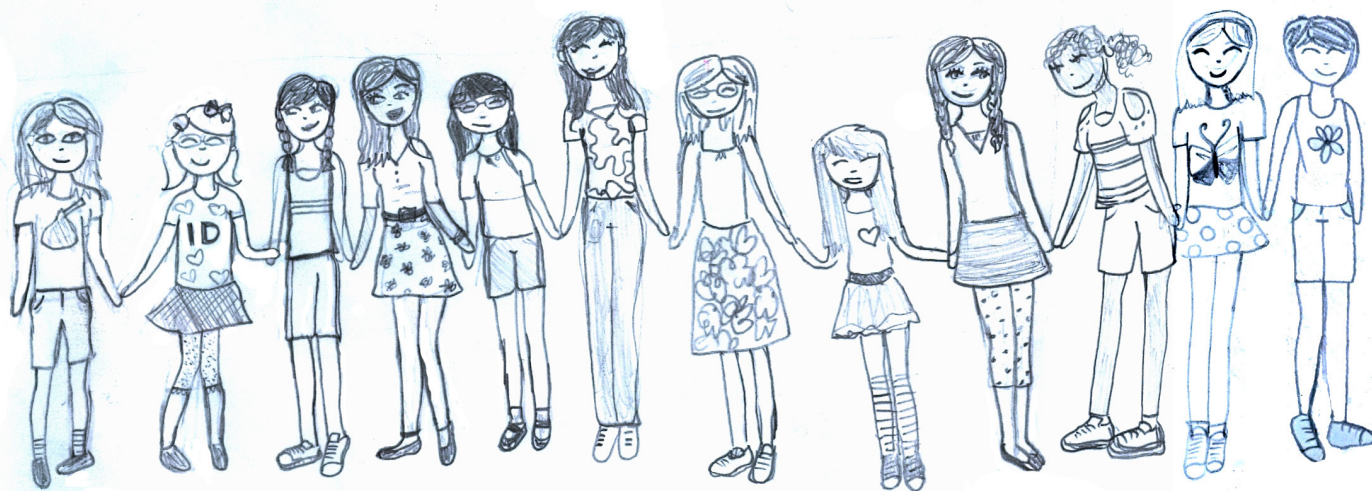


Anti Bullying Community

A Magazine for Kids created by Girl Scout Troop 10141, Sonoma, CA



Face Bullying with Confidence

8 Skills Kids Can Use Right Away.

By Irene van der Zande, Kidpower Founder and Executive Director.

*Most harm caused by bullying is preventable! This article is from **Bullying – What Adults Need to Know and Do to Keep Kids Safe**, our bullying solutions book used by many families, schools, and youth organizations to protect and empower their kids.*



Unfortunately, bullying is a major problem in many schools and communities. Bullying prevention skills can protect kids from most bullying, increase their confidence, and help them to develop positive peer relationships. Here are some practices you can work on with the young people in your life now.

1. Walking with Awareness, Calm, Respect, and Confidence

People are less likely to be picked on if they walk and sit with awareness, calm, respect, and confidence. Projecting a positive, assertive attitude means keeping one's head up, back straight, walking briskly, looking around, having a peaceful face and body, and moving away from people who might cause trouble.

Show your child the difference between being passive, aggressive, and assertive in body language, tone of voice and choice of words. Have your child walk across the floor, coaching her or him to be successful, by saying for example; "That's great!" "Now take bigger steps", "Look around you" "Straighten your back." etc.

2. Leaving in a Powerful, Positive Way

The best self-defense tactic is called "target denial," which means "don't be there." Act out a scenario where maybe your child is walking in the school corridor (or any other place where he or she might bullied). You can pretend to be a bully standing by the wall saying mean things. Ask your child what these mean things might be because what is considered insulting or upsetting is different for different people, times, and places.

Coach your child to veer around the bully in order to move out of reach. Remind your child to leave with awareness, calm and confidence, glancing back to see where the bully is. Let your child practicing saying something neutral in a normal tone of voice like "See you later!" or "Have a nice day!" while calmly and confidently moving away. Point out that stepping out of line or changing seats is often the safest choice.

3. Setting a Boundary

If a bully is following or threatening your child in a situation where she or he cannot just leave, your child needs to be able to set a clear boundary.

Pretend to poke your child in the back (do this very gently; the idea is not to be hurtful). Coach your child to turn, stand up tall, put his or her hands up in front of the body like a fence, palms out and open, and say "Stop!".

Coach your child to have a calm but clear voice and polite firm words- not whiney and not aggressive. Show how to do it and praise your child for trying -even though she or he does not get it right to begin with. Realize that this might be very hard and triggering for your child (and maybe for you too).

Children need support to learn these skills. The idea is that your child takes charge of his or her space by moving away and, if need be, setting boundaries as soon as a problem is about to start – so that your child doesn't wait until the bullying is already happening.

4. Using Your Voice

If your child does get into a situation where somebody is trying to push or hit or knuckle her or his head, you could practice by holding your child gently and acting as if you are going to do the action gently. Coach your child to pull away and yell NO! really loudly. Coach him or her to say "STOP! I don't like that!" Coach your child to look the bully in the eyes and speak in a firm voice with both hands up and in front like a fence. Teach your child to leave and go to an adult for help.

5. Protecting Your Feelings From Name-Calling

Schools, youth groups, and families should create harassment-free zones just as workplaces should. However, you can teach children how to protect themselves from insults. Tell your child that saying something mean back makes the problem bigger, not better.

One way to take the power out of hurting words by is saying them out loud and imagining throwing them away. Doing this physically and out loud at home will help a child to do this in his or her imagination at school.

Help your child practice throwing the mean things that other people are saying into a trash can. Have your child then say something positive out loud to himself or herself to take in. For example, if someone says, "I don't like you," you can throw those words away and say, "I like myself." If someone says, "You are stupid" you can throw those words away and say, "I'm smart." If someone says, "I don't want to play with you" then you can throw those words away and say, "I will find another friend."

6. Speaking Up for Inclusion

Being left out is a major form of bullying. Exclusion should be clearly against the rules at school. A child can practice persisting in asking to join a game.

Pretend to be a bully who wants to exclude.

Have your child walk up and say, "I want to play." Coach your child to sound and look positive and friendly, not whiny or aggressive.

Ask your child the reasons that kids give for excluding him or her. Use those reasons so your child can practice persisting. For example, if the reason is, "You're not good enough," your child can practice saying "I'll get better if I practice!" If the reason is, "There are too many already," your child might practice saying, "There's always room for one more." If the reason is, "You cheated last time," your child might practice saying, "I did not understand the rules. Let's make sure we agree on the rules this time."

7. Being Persistent in Getting Help

Children who are being bullied need to be able to tell teachers, parents, and other adults in charge what is happening in the moment clearly and calmly and persistently even if these adults are very distracted or rude – and even if asking for help has not worked before. Learning how to have polite firm words, body language and tone of voice even under pressure and to not give up when asking for help is a life-long skill.

We have found that practice is helpful for both children and adults in learning how to persist and get help when you need it. Here is one you can do with your child.

Pretend to be a teacher or someone else who your child might expect help and support from. Tell your child who you are pretending to be and where you might be at school. Have your child start saying in a clear calm voice, "Excuse me I have a safety problem."

You pretend to be busy and just ignore your child! Coach him or her to keep going and say: "Excuse me, I really need your help."

Act irritated and impatient and say, "Yes. what is it now?" and keep being busy.

Coach your child to say something specific like, "The girls over there are calling me names and not letting me play with them. I have told them I don't like being called names and that I want to play but they won't listen." or "Those boys keep coming up and pushing me. I have tried to stay away from them but they keep coming up to me and won't leave me alone." At school, teachers want children to try to solve their problems first. However, adult intervention is needed if this does not work.

You say: "That's nice!" as if you heard but did not actually listen. This is very common for busy adults.

Coach your child to touch your arm and keep going "Please, to listen to me this is important". Now you get irritated and say "Can't you see I'm busy!?"

Tell your child that sometimes adults get angry and don't understand but not to give up in asking for help and to say the specific problem again: "I do not feel safe here because (state specific problem again) _____."

You minimize and say: "What's the big deal? Just stay away from them."

Coach your child to persistent and say again, "Having this happen is making me feel bad about going to school. Please, I really need you to listen."

Now change your demeanor so that your child can see you are listening and understanding and say "Oh! I am sorry I yelled at you and I am glad you are telling me. Tell me more and we will figure out what to do."

Continued on Page 4



Remind your child that, if the adult still does not listen, it is not his or her fault, but to keep asking until someone does something to fix the problem. Tell your child to please always tell you whenever she or he has a problem with anyone anywhere anytime. Ultimately, it is the responsibility of adults to create safe environments for the children in their lives and to be good role-models for our children by acting as their advocates in powerful respectful ways.

8. Using Physical Self-Defense as a Last Resort

Children need to know when they have the right to hurt someone to stop that person from hurting them. At Kidpower, we teach that fighting is a last resort – when you are about to be harmed and you cannot leave or get help.

However, bullying problems are often not as clear-cut as other personal safety issues. Families have different rules about where they draw the line. Schools will often punish a child who fights back unless parents warn the school in writing ahead of time that, since the school has not protected their children, they will back their children up if they have to fight.

Learning physical self defense helps most children become more confident, even if they never have to use these skills in a real-life situation. Just being more confident helps children to avoid being chosen as a victim most of the time. There are different self defense techniques for bullying than for more dangerous situations — let your child practice a self defense move like kicking someone in the shins, pinching someone's leg or upper arm, or hitting someone in the chest. You can practice in the air or by holding a sofa cushion. Consider sending your child to a class like Kidpower.

– About the Author

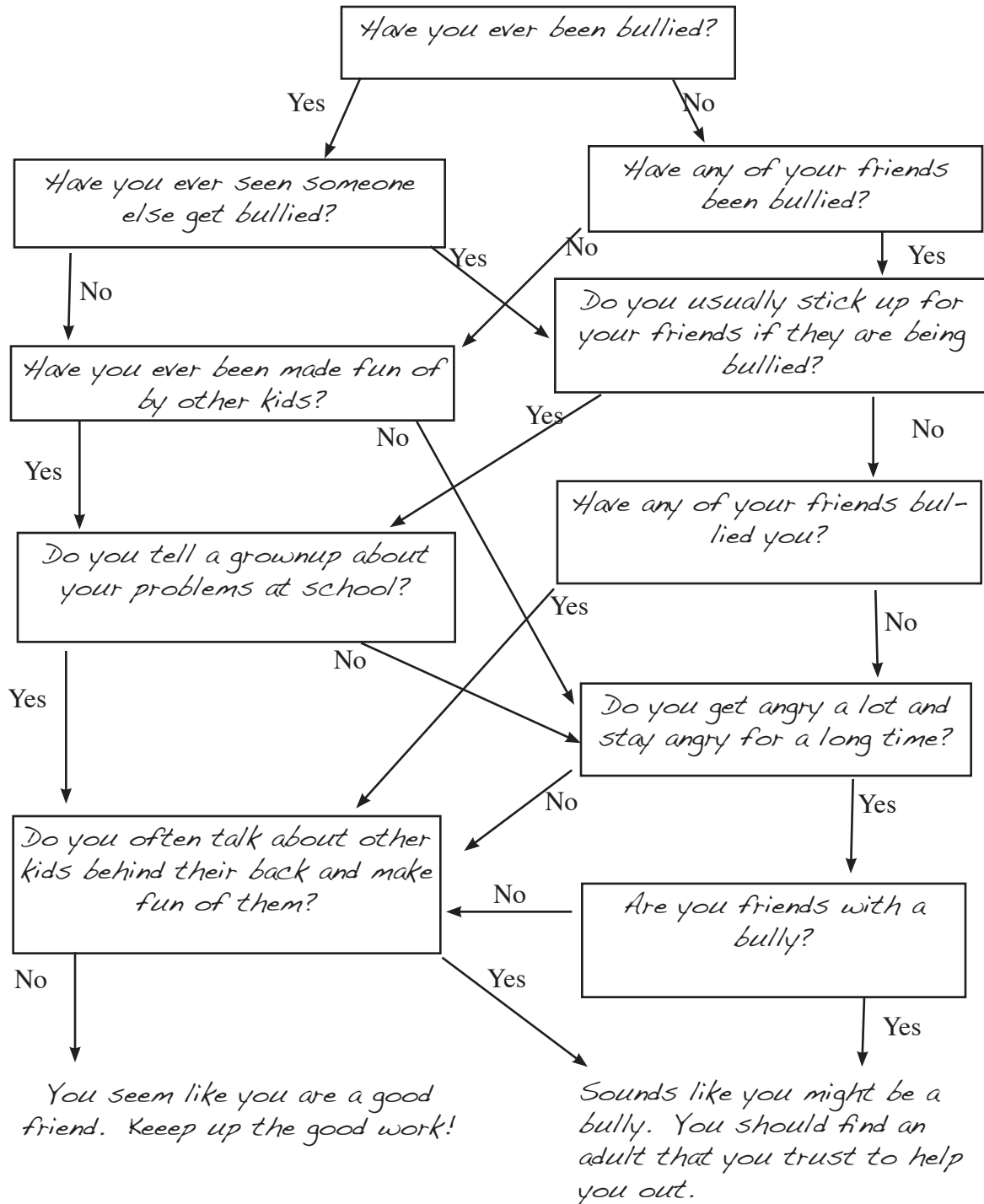
Kidpower Founder **Irene van der Zande** has been featured as a child safety expert by USA Today, CNN, and The Wall Street Journal. She is the author of *The Kidpower Book for Caring Adults: Personal Safety, Self-Protection, Confidence, and Advocacy for Young People*, *Bullying: What Adults Need to Know and Do to Keep Kids Safe*, and the *Kidpower Safety Comics* series. Kidpower is a non-profit organization established in 1989 that has protected over two million people of all ages and abilities from bullying, abuse, kidnapping, and other violence locally and around the world. Services include in-person workshops in California and other locations, an extensive free on-line Library, affordable publications, and consulting. Please contact safety@kidpower.org for more information.

Copyright © 2008/13 Irene van der Zande. All rights reserved. Reprinted with permission.
For more information, visit www.kidpower.org.



Are you a Bully?

(A Coke or Pepsi Type Quiz)



Anti-Bullying Wordsearch

A	B	X	R	T	C	D	F	H	S	J	F	U	G	J	K	O	Y	U	I	D	U	X
X	C	J	K	L	H	G	F	R	E	C	V	B	S	A	I	O	X	D	R	T	S	Z
C	O	X	C	V	E	V	G	T	Y	U	I	O	P	T	A	S	S	D	S	T	S	T
H	N	H	J	K	L	F	G	J	V	B	N	M	T	R	O	Z	X	B	N	A	A	G
A	F	D	F	O	P	N	H	T	W	O	R	D	S	T	G	P	C	E	O	O	S	S
C	I	T	Y	U	U	I	I	J	H	G	J	N	J	J	C	V	M	C	E	R	E	B
F	D	F	Y	Y	V	D	E	R	L	K	O	I	Q	W	D	I	C	F	E	E	C	F
D	E	F	T	T	Y	U	I	K	L	N	M	K	V	F	L	E	D	R	C	F	G	B
G	N	O	S	H	A	R	E	V	T	R	E	R	T	P	V	H	U	I	B	G	R	E
W	C	W	E	E	R	T	V	B	N	M	M	J	M	F	R	E	D	E	F	O	P	K
G	E	T	E	Q	Y	U	I	O	P	I	U	O	D	F	G	H	J	N	S	D	F	H
C	V	B	N	M	C	V	F	G	S	E	C	R	E	T	S	D	F	D	T	Y	U	I
R	T	Y	U	I	G	H	J	K	L	R	E	R	V	B	N	C	V	S	B	N	M	I
B	G	R	D	O	N	T	G	O	S	S	I	P	F	E	W	S	C	I	K	L	O	P
A	B	X	R	T	C	D	F	H	S	J	F	U	G	J	K	O	Y	U	I	D	U	X
J	F	U	G	J	K	O	Y	U	I	D	U	X	D	F	G	B	U	L	L	Y	C	C
V	B	S	C	V	N	P	H	Y	S	I	C	A	L	R	T	Y	U	I	G	H	J	K
A	B	X	R	E	J	J	C	V	M	C	E	K	O	I	Q	A	K	O	Y	U	B	T
V	B	S	A	R	R	O	Z	G	N	J	J	C	S	N	N	S	W	C	V	N	Y	G
N	J	J	C	B	N	J	J	C	A	V	B	S	A	T	C	V	S	A	C	V	S	S
M	T	R	O	A	P	I	U	O	D	R	K	O	Y	U	A	R	O	Z	R	N	T	B
K	O	I	Q	L	A	B	X	R	V	B	B	K	O	I	Q	Y	S	C	S	E	A	F
A	B	X	R	T	C	D	F	H	S	J	F	A	M	T	R	O	C	R	O	Z	N	B
Y	K	E	E	P	A	S	K	I	N	G	V	B	G	A	A	B	C	A	R	E	D	E
V	B	R	T	Y	U	I	G	H	J	K	N	Q	Y	E	N	J	J	C	L	Y	E	K
S	S	Q	K	O	Y	U	N	P	A	B	X	R	R	P	C	V	B	S	A	M	R	C
Q	Q	E	M	I	N	D	S	C	O	M	T	R	O	S	C	A	N	A	B	X	R	D
J	J	C	V	M	C	E	N	S	Q	W	P	I	U	O	D	S	N	N	A	B	X	R
R	T	Y	U	I	G	H	J	K	S	C	E	K	O	I	Q	J	J	C	V	M	C	E
N	J	J	C	S	K	O	Y	U	Y	Y	S	R	S	J	J	C	V	M	C	E	F	F

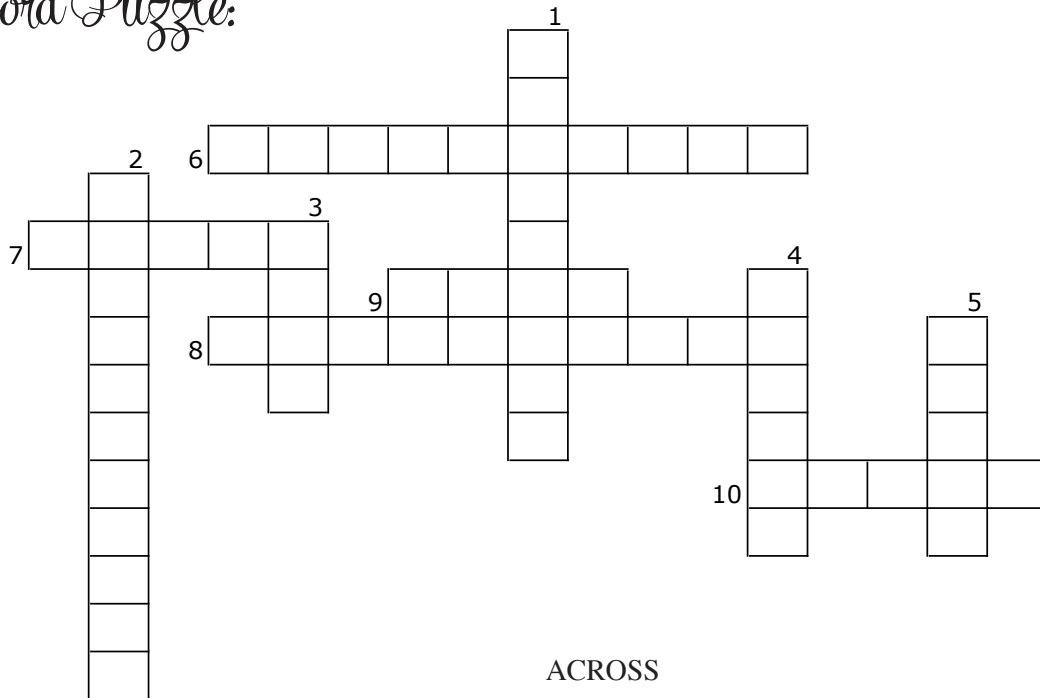
FIND THESE WORDS IN THE WORDSEARCH

BULLY
 KEEP ASKING
 VERBAL
 PHYSICAL
 STAY CALM
 STOP
 CONFIDENCE
 SHARE
 KIND
 SECRETS

GARBAGE CAN
 MIND
 AWARE
 POWER
 FRIENDS
 COMPLIMENTS
 HELP
 DONT GOSSIP
 BYSTANDER
 WORDS



Crossword Puzzle:



DOWN:

1. When you see bullying but don't do anything about it, you are a _____.
2. When you admire someone's artwork by saying something nice, you are giving them a _____.
3. When someone does something you don't like, you can tell them to _____.
4. When someone says something mean to you, it's called a _____ assault.
5. When two people want the same thing, they should _____ it.

ACROSS

6. When you are trying to ask an adult for help, but they are too busy to listen, you should _____.
7. Use _____ instead of actions to solve a problem.
8. When you talk to a bully, you should speak with _____.
9. You should be _____ to everyone.
10. To prevent being bullied, you should be _____ of your surroundings.

How to stay on the right path when facing bullying.

These easy-peazy instructions will help you stay on the right path when facing bullying, and not turn you into the bully yourself.

- Be honest and fair
- Be friendly and helpful
- Be considerate and caring
- Take responsibility for what you say and do
- Respect yourself and others
- And ALWAYS ask a grownup for help.

Remember these easy-peazy tips and you'll always be a good friend and a great role model.

Editors note: Notice that the author of this article used the Girl Scout Law to inspire her instructions!

Great internet sites and books to learn more about dealing with bullies.

www.antibullying.net
www.nick.com/thebighelp/anti-bullying
www.stopbullying.gov
www.projectbully.com
www.pacerkidsagainstbullying.org
www.kidpower.org
www.kzoo.edu/psych/stop_bullying/resources/websites.html
(Resource for even more websites about anti-bullying.)

BOOKS:

The Anti-bullying and Teasing book for Preschool Classrooms
By Barbara Sprung

Bystander Power: Now with Anti-Bullying Action (Laugh & Learn)
By Phyllis Kaufman Goodstein

The Anti-Bullying Handbook
By Keith Sullivan

Bully! The Big Book About Bullies and the Bullied
By Cynthia Blomquist Gustavson, et al.

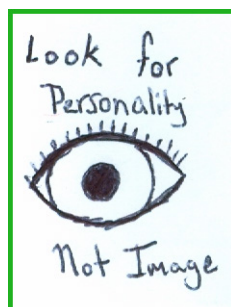
THE LAST BULLY (HUGO THE HAPPY STARFISH - An Inspiring Sea Adventure for Young Children)
by Suzy Liebermann

The Resolving Bullying Book (Resolving Books Series) by
Peter Nicholson and Fiona McAuslan

Wilma Jean the Worry Machine Activity and Idea Book
by Julia Cook

10 Things You Can Do to Cheer Up a Sad Friend

1. Give her a hug.
2. Ask if you can help.
3. Write down a couple of funny jokes and give them to her.
4. Invite her to your house to have a sleepover.
5. Give her a little present like some chocolate
6. Ask her if anything is bothering her.
7. Find a pretty flower in your garden and give it to her.
8. Invite her and another friend over to the park.
9. Invite her to an animal shelter to play with animals.
10. Ask if she wants to go on a walk



Bullying Facts & Numbers:

Did you know that....

87% of students witness bullying in their school.

82.7% of students report bullying to be a problem in their school.

55.5% of students reported doing nothing when they witnessed bullying.

43% of students admit to bullying another student.

15% of students are cyberbullied daily.

From www.projectbully.com (a non-profit run by students for students).

Anti-Bullying Song

(To the tune of Twinkle Twinkle Little Star)

Bullying is really bad
It can make you sad or MAD!
School should be a safe place
You shouldn't be teased because of your face.

Bullying should stop right now
Don't let bullies put you down
Don't let bullies call you an elf
You are perfect as yourself

You should have friends by your side
They will help you all the time
Don't walk around with a pout
If you need help, just yell or shout

Twinkle Twinkle Little Star
You are perfect the way you are!

What is and isn't bullying?

Stories to show examples of what is and isn't bullying.

PEST

I went into school and looked for a place to sit. I was late so the only place to sit was next to the most annoying kid in class, North (yes, his name is North). "Ugh!" I said to myself. I went to sit next to him, he smiled at me. The teacher said "OK pull out your homework, but no talking." I started taking out my homework then North said "hey, hey, hey" and then he started poking me. Again "hey, hey, hey" and poking me again. I finally yelled "WHAT!" and everybody stared. I hope I don't have to sit next to him again. What a pest!

MEAN

It was lunch time and I went to go sit down with some kids, but little did I know I was sitting with some mean kids that spread rumors around school. I pulled out a napkin and my mom had left a note on it. It said "Honey Bunch, have a good day at school! Love you!". I smiled then I heard laughter. One of the girls said "Momma's Girl! Momma's Girl!" The table started to laugh so I stuffed my napkin and moved to a table with some other friends. Boy, they were really mean.

CYBER BULLY

I was at school when I was walking down the hall. I had some hot chocolate because it was very cold that day. One of the popular girls, Athena, walked past me and bumped me. I tripped and poured my hot chocolate on her. She yelled at me, but I tried to tell her it was an accident. Later that day I went home and went on my computer. I logged in to my BubblePop.com account and I was looking in the public chat room and all of the people were saying mean things about me, calling me a "loser", "you're so clumsy" and "you're fat". I cried myself to sleep. The next day no one would hang out with me. When I told my teacher what had happened, he explained that this was cyberbullying. He brought up the subject during class meeting time and it really helped to hear him explain everything to the class. Nobody apologized to me, but they did stop posting mean things online.

BULLYING

I was walking to class when I saw some girls laughing and whispering and pointing at me. I didn't pay much attention and I went to go sit down when one of the girls came up to me and said "why are you wearing a green shirt?" I looked up at her and said "because I wanted to." She laughed and walked away. Later I went to go sit down at recess and the girls walked up and said "This table is for Girls Only." I looked confused, "but I am a girl!?" One of the girls replied "Ha! Girls don't wear green or black, you should just go over to where the BOYS are." For the next month, these girls kept calling me a "guy" just because of the way I dressed. At first I pretended that it didn't bother me, but then I got really annoyed. Luckily I had some other friends that stuck up for me, including some of the boys. My friends got everyone to wear green shirts together on one day! That really made me feel good!

An Anti-Bullying Limerick

There once was a girl named Julie
She was constantly getting bullied
She read the Girl Scout magazine
She got the help that she needs
Now she goes to school happily!

Why we made this magazine:

Girl Scout Troop 10141 is located in Sonoma California. We are 12 girls that wanted to earn our Bronze Award by creating a Take Action project about bullying. We made this magazine to help kids know what to do if they are getting bullied or know someone who is getting bullied. Each of us has experienced some type of bullying and wanted to help our community be a better place.

Special Thanks to:

Jen Blackwood, Kid Power Instructor, for teaching us some very important skills about how to avoid being bullied and what to do when it happens.

Sonoma Girl Scouts: For allowing us to share this magazine and host our anti-bullying workshop.

Kidpower International: Thank you to Kidpower Teenpower Fullpower International for permission to use their copyrighted article. Kidpower is a global nonprofit leader in providing safety education to prevent and stop bullying, violence, and abuse. For more resources, see www.kidpower.org or contact safety@kidpower.org.

This magazine was created by:

Caitlyn, Claire, Eliana Gabby, Ivy, Jenna, Kaliyah, Megan, Qing Chen, Sofia, Sydnie, and Taylor.

With a little help from our advisors:

Darcy, Julianne and Jenny.

