

How to Feel Bully-Proof

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Definition of a Bully

- **Bullying** is a form of abuse. It involves repeated acts over time attempting to create or enforce one person's (or group's) power over another person (or group) , thus an "imbalance of power". The "imbalance of power" may be social power and/or physical power. The victim of bullying is sometimes referred to as a target. Bullying types of behavior are often rooted in a would-be bully's inability to empathize with those whom he or she would target.



Bullying Vs. Normal Conflict

• **Bullying**

- Intentional
- Repeated
- Feels Proud
- Does not stop when asked
- Does not feel sorry for actions.
- Part of a harmful situation.



• **Normal Conflict**

- Accidental
- Occasional
- Feels remorse
- Changes behavior when asked
- Apologizes and learns a lesson
- Part of building relationships



The Bully

- Impulsive
- Easily Frustrated
- No personal coping skills
- Lacks empathy
- Difficulty following rules/frequent misbehavior
- Elevated sense of self
- Exposed to more violence at home, television, video games etc.
- Sense of entitlement



- Academic issues
- Attention seeking
- Difficulty problem solving
- Does not accept responsibility for behavior

The Target

- Passive (does not retaliate)
- Physically weaker
- Low self-esteem/insecure
- Longing for acceptance
- Lack social skills



- Socially isolated
- Sensitive
- Anxious
- Teach them Assertiveness
- The age old advice of ignoring the bully leads to more abusive behavior.

Two Types of Bystanders

Helpful

- Empowered
- Responsible
- Stick up for self
- Stick up for friends
- Assertive
- Have the power to end bullying



Hurtful

- Encourage Bullying
- Laugh
- Join in
- I dare you...
- Cover for bully
- The reason bullies exist

#1 Learn to Laugh at Yourself



- Students who know their faults and are able to laugh or make a joke of it are far less likely to be bullied than students who internalize everything.
- Activities – Write an embarrassing moment on a piece of paper. In small groups students share their moments and vote on the funniest.
- Write about a time something funny happened, or what you would like to change about yourself. Read “Just the Way You Are” by Marcus Pfister.



Two For One



- Know your faults but focus on your strengths.
- Help students realize everyone has faults some people just do a better job of hiding/ignoring them.
- Activity – One bad two good. Have students share one bad and two good things with their peers. They can share orally or write them down and have others guess.
- Ex. I like (don't like)...I'm good(bad) at...I'm proud of(not proud of)...etc...



Join a Group



- Children need to be an active member of at least three groups. When they are in only one “friend group,” they feel devastated if anyone gets mad at them.
- Joining various groups helps to raise self-esteem and teaches children to accept all kinds of people as well as teaches them to get along with many different personalities.
- Groups include; extended family, sports, scouts, youth groups, academically talented, 4-H etc...



Be Proactive!

Don't be the victim of a Drive-by Bully

- Sometimes bullying happens so fast that students are caught off guard and don't even realize if they reacted poorly or not until it is all said and done.
- Don't let this happen more than once...Be proactive.
- The positive about bullies is that they are usually predictable so develop a "one liner" to use in drive by bully situations.
- Ex. So what, whatever, Why do you care so much?
I don't care what you think etc...





Take the Wheel!



- What is bullying about? CONTROL
- Check your thoughts to see who is getting more of your attention and focus. If the answer is your bully, you need to take the wheel...regain control.
- Activity – Consider a time you were bullied or had your feelings hurt and write about that time focus in closely on what you were feeling.
- Edit this to be sure it does not say, It/they made me feel...You should say, they tried to make me feel____, but I choose to see it like this....



Fill A Bucket



- It's a best selling book for a reason...it works.
- Read "Have You Filled a Bucket Today."
- When you are feeling down, put your mind on going out of your way to be kind to another person.
- Activity When you are feeling down, write your feelings in a journal. Then tear out the pages and throw them away. For each page you throw away, write a positive/encouraging note to a friend.
- For a bunch of bucket filler activities go to www.bucketfillers101.com

Bottle/Box up Confidence



- Wouldn't it be great to have a bottle/box of confidence for the days you were feeling down in the dumps.
- Activity – Take a jar, box, or favorite bag to designate as your “confidence box.” When you are feeling good write a letter to you future sad self encouraging yourself to feel better and remember your strengths.
- Put awards, notes from friends, good report cards etc... in the box as well for when you need additional cheering up.

May the Force Be With You

- Create a force field around yourself so you are protected from mean words.
- This is done by acknowledging the things that are good about you. The more you know, the stronger your force field.
- Activity – Write down 20 things that you like about yourself...if you get stuck, ask a friend or relative.
- This way if someone says something mean, you are protected by your own strengths.



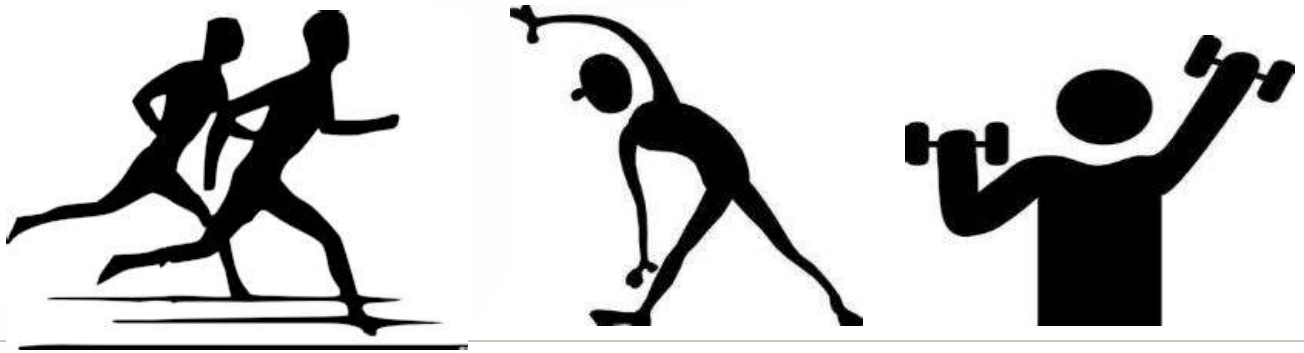
Don't be one of Pavlov's Dogs



- Explain Pavlov's dog study.
- Bullies have a way of conditioning us to feel a certain way whenever they are around. We learn to feel nervous/anxious when our bully is near even if they are not doing anything at the time.
- This decreases the possibility of being able to stand up for yourself.
- Activity – re-condition yourself. Purposely walk by them and think good thoughts...A LOT.
- Fold a piece of paper in half and draw the bully on one side and on the other draw something that makes you feel peaceful. Look at this often.

Exert your Power

- Exercise builds confidence.
- Get active already!!!!!!
- Yoga, sports, jogging, martial arts, whatever...



Watch your Mouth

- Ever wonder where your children/students get certain thoughts.
- Consider how you talk when you think no one is listening.
- Do you: put yourself/others down, gossip, talk poorly about other staff or students...
- Kids have dog ears so be careful!



trust,talk,tell...TRUST, TALK, TELL!!

- Last but not least, tell an adult if nothing changes.
- If that doesn't work, tell again. If that doesn't work, tell again. If that doesn't work, tell again. If that doesn't work, tell again. If that doesn't work, tell again. If that doesn't work, tell again.
- Make Sense?!



ABC's of Cyber Bullying

- A – Avoid – avoid saying things online you would not say to someone in person.
- B – Block – block people who use poor language or put you or others down online.
- C – Clarify – before taking offence, make sure you understood the message.
- D – Delete – don't reread hurtful messages, save a copy and delete.

E – Encourage – encourage friends to only use kind words online

F – Friend, Follow – your children online

G – Give – do not give your password to anyone except family

H – Help – help others who are being cyber bullied

I – Informed – stay informed about what sites students are visiting

J – Justify – there is no justification for rudeness

K – Keep – Keep hurtful thoughts to yourself

L – Limits – make sure your child knows the technology limits in your home

M – More – More than 87% of kids say they see cyber-rudeness

N- Never – never reply when angry
O – Optimistic – stay positive online, negativity often hurts someone
P – Parent Controls- make sure you have set controls for online use.
Q – Quickly –report cyber bullying quickly.
R – Respect – show respect for others online
S - Support – be supportive to people who are getting cyber bullied
T – Technology – technology is great if used for good
U – Understanding – understand how you would feel if roles were reversed
V – Verify – who your messages are coming from
W – Written communication – when it is in writing it never goes away
X – Xtra – be extra careful online to make sure your messages are clear
Y – YELLING – don't type in all caps, this is cyber yelling
Z – Zero – the number of times you can forward a message without permission



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