

Grace Martial Arts

Helping Students to
Reach Their Fullest Potential



- Physically
- Emotionally
- Spiritually

Bullying



**Bullying KEEPS Students From
Reaching their Full Potential**

Bullys Can Be Boys or Girls



Sometimes bullies can form gangs. Bullies may make jokes about the way people look.



Bullying also includes leaving someone out or calling people names.

3 types of Bullying.

1

Physical Bullying

- Hitting, kicking, or pushing someone
- Stealing, hiding or ruining someone's things
- Making someone do something he/she doesn't want to do

2

Verbal Bullying

- **Name calling**
- **Teasing**
- **Insulting**

3

Relationship Bullying

- Refusing to talk to someone
- Spreading lies and rumors about someone
- Making someone feel left out or rejected

How does it make you feel?

Alone

Hurt

Depressed



How One Becomes a Bully

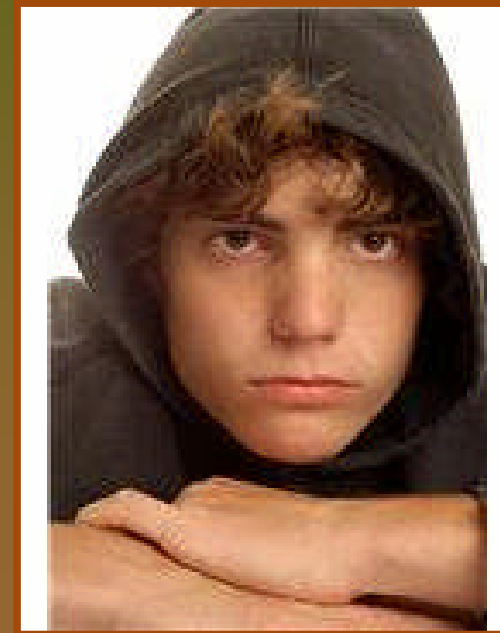


- They may have watched violent movies or video games.
- Maybe the parents were bullies.
- They feel bad and think having control over you will make them feel better.
- Most bullies have very low self-worth.



Bullies Have Things in Common

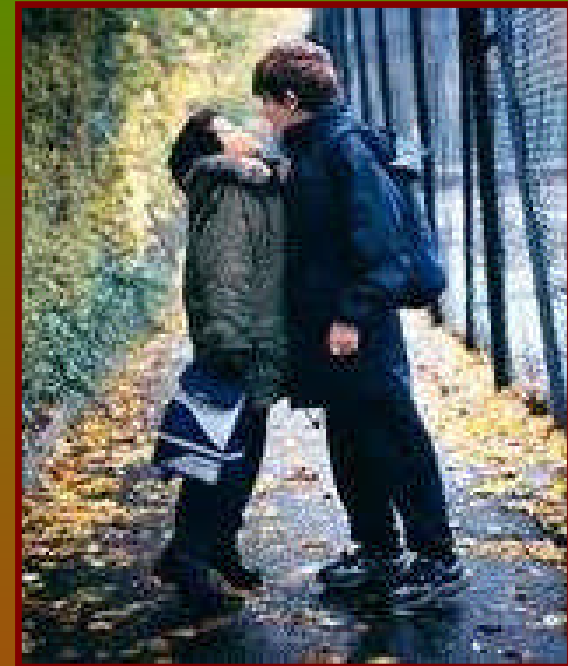
- **Something or someone is making them feel afraid and insecure.**
- **Therefore they bully to make themselves feel better.**



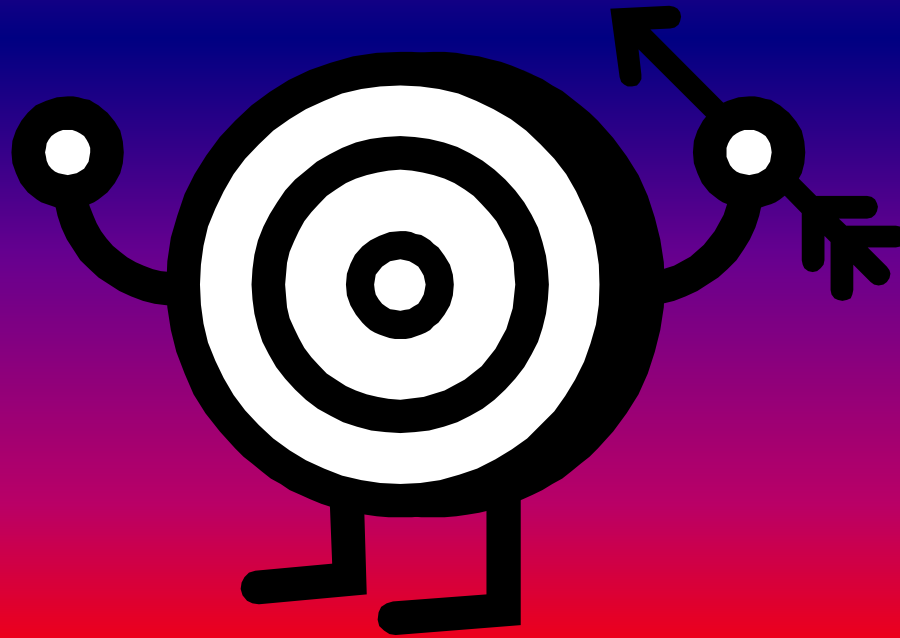


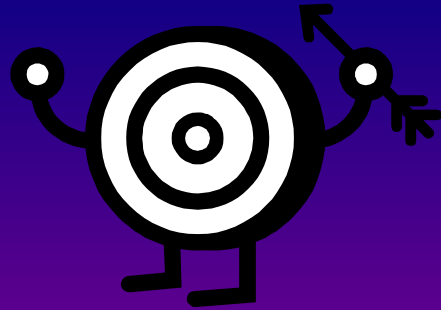
Most Bullies are Cowards

- One person making fun of another.
- One person trying to beat up another.
- A group of people ganging up against others.



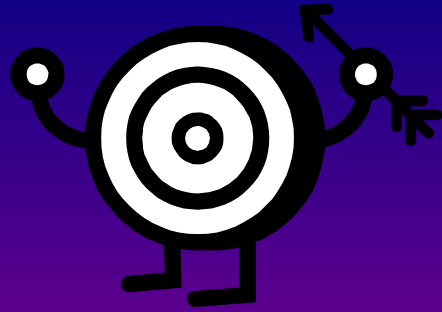
Who Is a Target for Bullying?





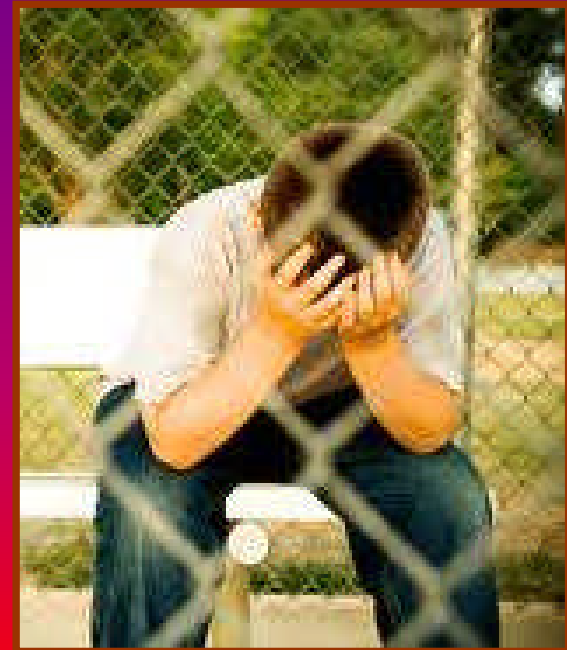
Possible Reasons for Being a Target.

- The bully or the target is either smaller or bigger than most kids their age.
- The target may be a minority.
- May have a disability.
- Maybe you have a name that is not ordinary.



Possible Reasons for Being a Target.

- If you get anxious or upset easily.
- If you usually are alone and don't have many friends.
- If you don't have a lot of confidence and don't stand up for yourself.



How to Deal with Bullying!!



**Pull them to you with Love and
Send Them Away With Forgiveness**

Stay away from bullies



Stay with a group of friends. Bullies often pick on children who are alone.

**Talking about bullying will
help keep everyone from harm**



Tell any of your teachers about bullying.



What to do “In the Moment of Being Bullied”



Ignore them!	Pretend you didn't hear them.	Don't even look at them.
Don't Cry.	Don't get angry.	Don't show them that you are upset.
Talk about it to someone else.	Write it down so not to forget to tell someone.	Respond to the bully evenly and firmly.



“In the Moment”

**Turn the
comment
into a joke.**

**Turn and
walk away.**

**Remove
yourself from
the situation.**

**Go
somewhere
that an adult
is present.**

**Talk to an
adult!**

**Make the
Bully Your
Friend**



**Remember you are
not the one with the
problem. The bully is.**



Ways to Avoid Being Bullied

- Don't bring expensive things or money to school.
- **Avoid unsupervised areas.**
- Label your belongings with a marker in case they get stolen.
- **Sit near the bus driver on the bus or walk with a teacher to class.**





More Ways to Avoid Bullying

- Act confident. Hold your head up, stand up strait, and make eye contact.
- **Don't walk alone. Travel with at least one other person.**
- Avoid places where bullying happens.





Why do others **LET** it happen?

Reasons

- ❑ The bully is someone others look up to and want to hang out with.
- ❑ They want to “side” with the bully because to do that makes them feel strong.
- ❑ They may be afraid that if they try to stand up to the bully, they’ll end up being bullies too.



More Reasons

- They're entertained by the bullying.
- They don't think speaking up will help.
- They're afraid that if they say something, the bully will turn on them.



**Some things you can say if
someone is getting bullied.**

"That's Not Funny"

"How would you like it if someone did that to you?"

"Cut it out"

Remember the Golden Rule:

- ❑ *Treat others the way you want to be treated.*
- ❑ *Stand up for someone when he or she needs it a someone will stand up for you.*



**Say NO
to Bullying**

Bullies Need Help, Too.



Bullies will feel better about themselves when they learn to be kind to others.

Are you a Bully?



Ask Yourself These Questions.



- **Does it make you feel better to hurt other people or take their things?**
- **Are you bigger and stronger than other people your age? Do you sometimes use your size and strength to get your way?**

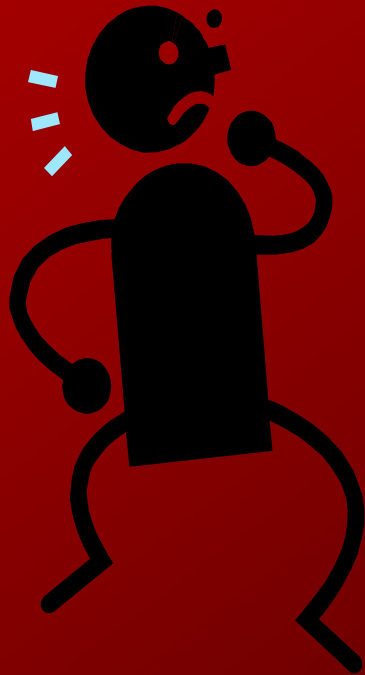
Questions To Ask Yourself

- **Have you been bullied by someone in the past and feel like you have to make up by doing the same thing to others?**



- **Do you avoid thinking about how other people might feel if you say or do hurtful things to them?**

How can you STOP being a Bully?





You are a Bully? *Here Are Some Ways to*



- **Apologize to people that you have bullied, and follow it up by being friendly.**
- **They might not trust you right away, but eventually they will see that you have changed.**



More Ways to



- **If you are having a hard time feeling good about yourself, explore ways to increase your self-esteem.**
- **If you feel like you're having trouble controlling your feelings - especially anger, talk to a school counselor about it.**

**Does being bullied
have to be a part
of growing up?**



No.

**Each and every one of you
have the right to feel safe in
your life and good about yourself.**

Tips for a Bully-Free Zone

- **Tell an adult**
- **Ignore the bully.**
- **Make the bully your friend.**
- **Stand up for yourself and others.**
- **Coach your friends not to be a bully.**
- **Don't show your hurt feelings to the bullies.**
- **Show the bully you have courage by looking him in the eye and firmly telling him to stop.**



Questions?



