How You Can Be

BULLY

FREE™

FOR STUDENTS
(Grades 4-8)

ALLAN L. BEANE, PH.D.

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DEDICATION

This book is dedicated to our son, Curtis Allan Beane, who was bullied in seventh grade and high school. It is also dedicated to our granddaughters, Emily Grace Turner and Sarah Gail Turner. Emily was born on the first anniversary of Curtis’ death. She and Sarah have brought light into our darkness. I hope that this book, and those who use it, will bring light into the darkness of children who are mistreated.

ACKNOWLEDGMENTS

Grateful thanks are offered to everyone who has helped by providing advice, information and comments during the preparation of this book. Special acknowledgment and thanks are due to Linda Beane for her proofreading and desktop publishing knowledge and skills. Special acknowledgment and thanks to Darlene Gibson for her editing knowledge and skills.

WHERE DOES BEING BULLY FREE START?

It starts in your heart!

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**The Bully Free Golden Rule**

**Come Join Us**

"Treat others the way you want to be treated."
I remember a young man I grew up with, whom I consider a great friend then and today, who had an anger problem and often got into fights with kids in the neighborhood. I still have images of him marching angrily toward me and the fear and pain he caused. Unfortunately, my son also experienced the same feelings as he was growing up. This book has been written to prevent such fear and pain in you and others.

When my son was in seventh grade, he was bullied and eventually isolated by several students. My wife and I decided to transfer him to another school system. He found acceptance and a sense of belonging at the new middle school. When he was fifteen years old he was involved in a car accident that resulted in him having two fingers on his right hand removed. The surgeons also had to remove one-third of his right hand and repair and rebuild the fingers that were left. When he went back to school, many of his classmates encouraged and supported him. Unfortunately, many were cruel to him. This had a tremendous impact on his self-esteem, confidence, and his emotional health even into the adult years. At the age of twenty-three, he suffered from depression and anxiety. He developed Post-Traumatic Stress Disorder from the wreck and from the persistent peer mistreatment. He eventually sought the company of the wrong people. He got desperate to escape his pain by taking an illegal drug. He had a heart problem that we did not know about, and the drug killed him.

Now you understand why I wrote my first book, *The Bully Free Classroom*™, and why I am writing this book for you. I understand the pain you experience when you are mistreated.

I hope you are blessed with health, peace and happiness and that you will be used to promote acceptance and a sense of belonging in others. If I can help you and others through this book, it will bring honor and purpose to my son’s life.

Bullying can be found in every school system, school and classroom. To prevent and reduce bullying, a systematic effort must be made in each school. There must also be a system-wide commitment to prevent and stop bullying. Therefore, you must work with the adults you know, and you need to tell them when you and others are mistreated. Adults must get involved. When adults get involved, bullying can be prevented and reduced.
WHAT IS BULLYING?

OUR DEFINITION OF BULLYING

Bullying is when a stronger, more powerful person hurts or frightens someone on purpose again and again.

Just about everyone agrees that bullying is behavior that is intentional, hurtful and persistent (repeated over time). Bullied children may be teased, harassed, rejected, threatened and assaulted (verbally and/or physically) by one or more individuals. There is a real or perceived imbalance of strength (power and dominance).

Some of the key words are:

- Intentional
- Hurtful
- Persistent (repeated over time)
- Imbalance of Strength (power and dominance)

Bullying behaviors can be classified into three major categories: Direct Bullying, Indirect Bullying, and Other Bullying. Within the categories are behaviors that are physical, verbal, emotional, psychological and relational (dealing with relationships). All of these are interrelated and can occur at the same time. The following table, “What Does Bullying Look Like?” provides a list of bullying behaviors falling into the three categories.
What does bullying look like?

Physical Bullying (Direct Bullying)

- Punching/slapping/elbowing/shouldering (slamming)
- Pushing/shoving
- Kicking
- Stealing, damaging or defacing belongings/property
- Restraining
- Pinching
- Flushing someone’s head in the toilet
- Forcing someone into his/her locker
- Attacking with spit wads
- Sexual harassment
- Pulling clothes down or off
- And more!

Verbal Bullying (Direct Bullying)

- Name-calling
- Insulting remarks and put-downs
- Repeated teasing
- Racist remarks/harassment
- Sexual bullying and sexual harassment
  - Unwanted comments, jokes and taunts about body parts
  - Rumors about sexual activities
  - Unwanted notes and pictures about sex
  - Grabbing in a sexual way
  - Forcing someone to engage in unwanted sexual behavior
  - Brushing up against someone in an undesirable manner
  - Etc.
- Threats and intimidation
- Whispering about someone behind his/her back
- And more!

CONTINUED
**What does bullying look like?**

*Indirect Bullying Behaviors (Social/Relational)*
- Destroying and manipulating relationships (turning someone's best friend against him/her, etc.)
- Destroying reputations (gossiping, spreading nasty and malicious rumors and lying about someone)
- Making someone look foolish (public humiliation)
- Intimidation
- Hurtful graffiti
- Excluding someone from a group (social rejection/isolation)
- Negative body language (facial expressions, glares and dirty looks, turning your back to someone)
- Nasty jokes and notes passed around
- Hate petitions (promising to hate someone)
- Stealing boyfriends or girlfriends
- And more!

*Other Bullying Behaviors*
- Cyberbullying (negative text messages on cell phones, e-mail, voice-mail messages, etc.)

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**THINGS THAT GET IN OUR WAY**

*Avoid These to be Bully Free!*

- HATE
- ENVY
- LYING
- RUMORS
- TEASING
- PUSHING
- HITTING
- STEALING
- ANGER
- JEALOUSY
WHAT IS THE DIFFERENCE BETWEEN BULLYING AND NORMAL CONFLICT?

It is important for you to know the difference between bullying and normal conflict. When the following is true of the behavior you are experiencing, it is not considered normal conflict:

- The behavior is meant to hurt and harm you.
- The behavior seems intense, and it has been occurring over a significant period of time.
- The person wants to have power over you, to control you. There are no apologizes or offers to resolve the conflict.
- You cannot deal effectively with the behavior.
- You feel alone and isolated by the mistreatment because no one seems to be supportive.
- The behavior seems to be having a negative impact on you.

Unfortunately, some teasing will always exist and you need to know how to deal with that behavior. But when you are bullied, you should tell an adult. The adult can help you develop the skills to cope with and stop the bullying.

WHY BULLYING MUST BE STOPPED!

Bullying makes people feel...

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WHAT SHOULD YOU DO TO PROMOTE YOUR OWN ACCEPTANCE?

Everyone wants to be accepted by peers and have a sense of belonging. Even though it is not important to be accepted by everyone, there are things you can do to promote your acceptance.

- Learn how to make friends. Individuals who have at least one good friend are less likely to be bullied or are bullied for a shorter period of time. This is especially true when a good friend sticks up for them. If you have at least one good friend, you will also be better able to cope with the bullying. Since adults are not usually present when bullying occurs, it is important for you to have friends and at least one good friend. The following tips will help you make friends.

### Tips for Making and Keeping Friends

- **Reach out.** Don’t always wait for someone else to make the first move. A simple “hello” and a smile go a long way.
- **Get involved.** Join clubs that interest you. Take special classes inside and outside of school.
- **Be a volunteer.**
- **Let people know that you’re interested in them.** Don’t just talk about yourself; ask questions about them.
- **Be a good listener.** Look at people while they’re talking to you. Pay attention to what they say.
- **Risk telling people about yourself.** When it feels right, tell them your interests, your talents, and what’s important to you. But...
- **Don’t be a show-off.** Not everyone you meet will have your abilities and interests. (On the other hand, you shouldn’t have to hide them – which you won’t, once you find friends who like and appreciate you.)
- **Be honest.** Tell the truth about yourself, what you believe in and what you stand for. When asked for your opinion, be sincere. Friends appreciate truthfulness in each other. BUT...
- **Be kind.** There are times when being tactful is more important than being totally honest. The truth doesn’t have to hurt.
- **Don’t just use your friends as sounding boards for your problems.** Include them in the good times, too.
- **Do your share of the work.** That’s right, work. Any relationship takes effort. Do not always depend on your friends to make the plans and carry all the weight.

CONTINUED ➔
Tips for Making and Keeping Friends

- **Be accepting.** Not all of your friends have to think and act like you do. (Wouldn’t it be boring if they did?)

- **Learn to recognize the so-called friends you can do without.** Some people get so lonely that they put up with anyone—including friends who aren’t really friends at all.


➢ Try to avoid the following friendship busters.

![Bully Free Friendship Busters](image)

- Bragging
- Name calling
- Being bossy
- Teasing
- Making fun of others
- Being stuck-up
- Spreading rumors and lies
- Stealing
- Being rude
- Ignoring people

- Making people feel left out
- Cheating
- Hitting
- Pinching
- Shoving
- Embarrassing people
- Trying to get people to do things they don’t want to do or shouldn’t do.
➤ Selecting good friends is very important. Make sure you do not seek to be friends with only popular students, just because they are popular. Seek friends who have the characteristics listed in the following table.

!["Bully Free" Friendship Boosters]

- is always there for you.
- is someone who listens.
- is someone who likes you for who you are.
- is someone you can trust.
- is fair and honest.
- encourages you to do your best.
- understands you.
- shares with you.
- respects your property.
- sticks up for you.
- doesn’t try to get you to do things you shouldn’t do.

➤ Have good hygiene. Take a bath and wear clothes that are clean and ironed/pressed. As you know, if you smell and wear clothes that are dirty and/or need pressing, your peers will make fun of you.

➤ Try not to wear clothes that are out-of-date or too small. Many school systems and communities have organizations willing to provide you with appropriate clothing. You should not feel ashamed about asking for assistance. Everyone needs help from someone. Someday you may have the opportunity to help others. Would you want them to feel too embarrassed to let you help them? Give others an opportunity to use their gifts of generosity to help you.

➤ Do not wear t-shirts that may cause anger at school or in the community.

➤ Look for similarities you have with other students. It is a good feeling to know you have something in common with others. Sometimes, this similarity helps you make friends.

➤ If you have a disability, be informed about the cause and nature of the disability, so you can talk intelligently and openly about it. When you seem to accept your disability, others feel more comfortable and are more accepting.
➢ **Have positive expectations regarding your acceptance and ability to make friends.** Expect others to like you and be friendly to you.

➢ **Keep your grades (good and bad) a private matter.** Don’t even share them with your brothers and sisters. Also ask your parents\(^1\) to respect your privacy by not sharing your grades with others.

➢ **Develop good communication skills.** Good listening skills are the foundation to all relationships. Learn how to express your thoughts and feelings and seek to understand the thoughts and feelings of others. Also learn how to be a good listener. The following tips for good listening have been provided to help you in this effort.

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### How To Be A Good Listener
(Do's and Don'ts)

**DO:**

- Pay attention and be quiet.
- Use attentive body language. Face the speaker, lean slightly forward, smile, and keep arms and legs uncrossed.
- Make and maintain eye contact.
- Be patient. Don’t interrupt.
- Ask for clarification if you need it.
- Empathize. Try to understand how the person feels.
- Ask questions to encourage the speaker and to show that you’re listening.
- Reflect the speaker’s words and feelings from time to time. Example: “It sounds like you are worried about that.”
- Mirror the speaker’s feelings in your own face. If the speaker looks sad, hurt or angry, you should, too.
- At points along the way, summarize what you’re hearing the speaker say.
- Use brief interjections to indicate that you’re listening. Examples: “I see.” “Go on.” “Tell me more.” “Uh-huh.” “Really.” “Hum.” “What then.”
- Really concentrate on what the speaker is saying.
- Invite the speaker to name his feelings. Example: “When Marcus calls you a bad name, how did you feel?”

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\(^{1}\) Throughout this book, I use “parents” to avoid the awkwardness of using “parents/guardians.” This is for ease of reading only and is never meant to imply that guardians and caregivers have a lesser role to play with their children.

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HOW TO BE A GOOD LISTENER 
(Do's and Don'ts)

DON'T:

- Talk too much and do not interrupt.
- Doodle.
- Tap your pen or pencil, shuffle papers, wiggle your foot, look at your watch, yawn, etc.
- Argue with, criticize or blame the speaker.
- Mentally argue with the speaker or judge what he is saying.
- Evaluate or challenge what the person is saying.
- Interrogate (ask too many questions).
- Allow distractions. (It is best to turn off the television, radio and CD player, and do not answer the telephone.)
- Think ahead to what you’re going to say when the person stops talking.
- Let your mind wander.
- Mentally compare what the person is saying with what you’ve heard from other students.

HIT A HOME RUN

Don’t mistreat others.

Defend those who are bullied.

Tell bullies to stop.
WHAT SHOULD YOU DO WHEN YOU ARE BULLIED?

Not all of the following strategies are appropriate for you or for every situation. Select those that you feel are appropriate and discuss them with your parents or some other trusted adult.

- **Keep reminding yourself that you do not have to put up with bullying.**

- **Love yourself as you are.** Everyone has something that someone could criticize. It is important for you to accept yourself as you are. You are made the way you are for a purpose. If people mistreat you or dislike you for a characteristic you have, you don’t need them for friends.

- **Keep a log.** Each time you are bullied, write down what happened by answering the following questions:
  - Who was involved?
  - What was said and done to you and by whom?
  - What happened immediately before the bullying occurred?
  - Who were the bystanders and what did they say and do?
  - When did the bullying occur? Write down the date and time.
  - Where did it happen?
  - How did you respond?
  - What happened after the bullying event?
  - Who did you tell about the bullying, and what did that person do (if anything)?
  - How long has this been occurring?
  - Why do you think it is happening?

Writing down answers to these questions is a good way of accurately communicating the facts to your parents or some other trusted adult. In fact, you can just let them read what you have written — if you do not feel like talking about it.

- **Write down in a journal/notebook your thoughts and feelings about what has happened.**
  Give your parents or a trusted adult permission to read what you have written. Journaling helps you to work through your emotions and thoughts about your mistreatment.

- **Don’t be afraid to share with your parents what you think needs to be done.**

- **Talk openly and honestly with your parents or a trusted adult about your mistreatment.**
  Share your log with them. If you wish, take a friend with you, but go when the bully is not around. If you cannot tell them personally, then write a note to them explaining what has happened. If you cannot tell your parents, then tell your grandparents, uncle or aunt — any adult you trust. If you cannot tell your teacher, then tell some other trusted adult at school. You can also ask that your name be kept confidential.
• Don’t get defensive if your parents or other adults increase their supervision of your activities. Be thankful that you have adults who care about you.

• Do not retaliate. Do not fight back. It is very important that you maintain your values, that you do what is right. In most cases, retaliation makes bullying worse and last longer. Frequently remind yourself of the Golden Rule — treat others the way you want to be treated.

• Realize that you are not expected to deal with the bullying alone. It is not just your problem; it is something that parents and other adults should want to stop. It has been proven over and over, that with adult involvement, bullying can be reduced and stopped.

• Do not “love your parents too much” to tell them what is happening and how you feel. They need to know what you are thinking and what you are feeling. Do not hide your feelings from them. It is their job to worry about you and help you.

• When possible, stay calm and cool and do not let the bully know that he/she has upset you. The bully wants to upset you. Imagine yourself surrounded by a magical, bully-free shield. This may help you to stay calm. Keep an object in your pocket — like a smooth rock — that you can rub when you are fearful, upset, or angry. This will help you think before you say or do something that causes you more problems.

• Keep in mind that no one deserves to be bullied. Bullies have a need to have power and control over others and desire to hurt people. Sometimes bullies also feel bad about themselves, but not always. Sometimes bullies are bullied at home by their parents and/or siblings and are determined not to be bullied at school. So, they choose to bully others.

• Avoid the bully as much as possible. You should avoid where the bully hangs out or where there is not much adult supervision. If you cannot avoid the bully, at least try to keep your distance. Give the bully space. When possible, do not go near the bully. For example, go down a different hallway; or when you are on the playground, stay away from the bully.

• Try not to be alone anywhere. Hangout with friends or adults. When you see the bully walking toward you, walk over to someone else and start a conversation with him/her or walk into a crowd.

• If you are in the mall and you are about to be bullied, pretend that you see your parents and go over and stand by some adults. Start a conversation with them. Hopefully, the bully does not know these adults.

• If you are being bullied while walking to and from school or while riding the bus, tell your parents and ask them to take you to school or make arrangements for you to carpool to school. Your parents can also ask the school to provide an adult to ride and supervise the bus or to let you ride a different bus.

• Be careful to whom you give your telephone number(s) and e-mail address(s). If you are being bullied through electronic devices, such as a cell phone or over the Internet, tell your parents. They can report it to the police. Harassing and threatening messages are against the law. If possible, print the messages. Do not respond to such messages. If you are in a chat room and someone starts mistreating you with words, do not respond. Write down his/her screen name and tell your parents. If possible, print what is on the computer screen.

• Do not let those who bully you make you feel bad. No one can ruin your day without your permission. Do not let them make you think badly about yourself. Do not say things like, “I’m ugly.” or “I’m dumb.” or “I can’t do anything right.” When the bully says something bad about you, say something positive to yourself — reminding yourself of your positive characteristics. Remind yourself of the positive things people have said about you.
REMEMBER . . .
We Like You Just the Way You Are!
The following table will help you think of your positive characteristics. Make a list and keep it in your pocket.

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<th>My Positive Characteristics</th>
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<td>Able to resolve conflicts</td>
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• Let the bully know you are not an easy target. Practice not looking like an “easy” target. Bullies usually pick on people who are smaller and physically weaker, nicer, sensitive or who they feel will not retaliate. Check your body language. Bullies look for people who look sad, who are stooped over, who avoid eye contact with people, who are always fidgeting, who always want to be alone and who might cry easily and never stand up for themselves. Practice looking, walking and talking like a person with confidence who is physically and emotionally strong. Stand up straight, hold your head up straight, hold your shoulders back, look into the eyes of the bully (not at the ground or somewhere else), use a firm and strong voice, stay calm and walk away with confidence.

• Be assertive by moving closer to the bully (no closer than an arm’s length – keep a safe distance), turn sideways, relax your hands and arms and hold them down at your side. You do not want the bully to think you want to fight. Keep your feet about shoulder’s width apart – for good balance. When you stand this way, you are ready to walk away from the bully or even run, if you have to in order to protect yourself. Stay calm and say to the bully with confidence and determination, “Stop it! Leave me alone.” Or, you might say, “No! You cannot have my pencil. I need it.” Then walk off with confidence. Do not stand there. If you are not there, you cannot be bullied.

• Do not get into a conversation with the bully, but make an assertive statement and then walk off confidently. If you are not there, you cannot be bullied. Tell the bully how you feel, why you feel the way you do and what you want him/her to do. Learn to do this with a confident and determined voice. For example, “I feel angry when you call me names because I have a real name. I want you to call me by my real name. My name is Allan.” Say this with confidence while you look the bully in the eye, and then walk away with confidence.

• The bully wants to hurt your feelings. So, act like it doesn’t hurt – don’t reward the bully with your tears. Practice having a blank expression on your face. You can also disappoint the bully by admitting he or she is right. For example, when the bully calls you “fatty,” look the bully in the eye and say calmly, “You know, I am overweight. I need to start working out with weights.” Then calmly walk off with confidence. If you are not there, you cannot be bullied.

• Make an asset of the bully’s comment. For example, a bully made fun of a boy who had cancer and lost all of his hair because of treatments. The bully called him “bowling ball.” So the boy said, “I guess Michael Jordon and I have something in common.”

• Disarm the bully with humor. Individuals who have a good sense of humor have an easier time than those who let teasing get to them. For example, if the bully says you have big ears, you could say, “I know, sometimes I feel like an elephant.” Having a sense of humor may make the bullying disappear. However, use your best judgment. Do not target the bully with your sense of humor. If you do, the bully might think you are making fun of him or her. Say something about yourself as it relates to what the bully said. The bully might think what you said was funny and leave you alone. Sometimes all you have to do is smile and walk off.

• Exhaust the topic by asking the bully several questions about what he/she said. For example, one girl was made fun of because she was overweight. The bully said she was “fat.” So she asked: “What do you mean by fat?” “How fat do you have to be to be fat?” “How many people do you know who are fat?” The bully got tired of her questions and left her alone.

• Write down all the things that bullies have said to you. Under each statement, write assertive come backs and/or actions that might stop students from making the comments. This will prepare you for the next time they bully you.
- **Admit the obvious.** For example, when a bully made fun of a boy because he had big ears, the boy said “Wow, he noticed that I have big ears.” Then he walked off confidently.

- **Remember you are powerful.** You are powerful because you have the power to make a choice. You can let the bullying bother you, or you can choose not to let it get to you. You do not have to give up your power of choice.

- **Give the bully permission to tease.** For example, you could say: “Well, it’s okay to say what you want. It doesn’t bother me.”

- **In response to the bully’s comments, just keep saying “so.”** It is amazing how powerful the word “so” can be.

- **Respond with a non-defensive question, such as “Why would you say that?” or “Why would you want to say . . . . ?”**

- **Use your best judgment and follow your instincts.** For example, if the bully wants your homework and you think he or she is about to punch you, give up your homework, walk off with confidence and act as if the bully did not hurt you. Your safety is more important than your possessions.

- **If possible, always walk with friends and try not to be alone.** If you are walking alone, join other students or an adult and start a conversation. Do not linger alone in any area, stay with a group.

- **If you are in danger, surprise the bully by throwing your books at him/her and then RUN.** Your safety is more important than your possessions.

- **Try not to take a lot of money or expensive items to school and other places in the community where you will see the bully.** If the bully threatens you to get your money or your property, give it up and tell your parents or another trusted adult. You can also ask that your name be kept confidential.

- **Do not expect to be mistreated.** When you are walking toward a group of students, think about them being nice to you and try to see in your own mind them being nice to you. Also, do your best to be friendly to them. Treat them the way you want to be treated. Practice visualizing (seeing) yourself getting along with others.

- **Stand up for other students who are bullied and ask them to stand up for you.**

- **Make lots of friends outside school.** Join one or more youth organizations where they do things you enjoy.

- **Develop an interest, hobby or skill that will make you feel good about yourself and that other kids will think is neat.** Then, do what you love doing.

- **Make a list of the positive things in your life.** Keep them in your pocket. Ask an adult to help you develop this list.

- **Ask your parents, teachers and counselor to help you cope with your feelings when you feel hurt, fearful, lonely, depressed, anxious, hate and rage.**

- **Learn not to hurt someone back because he/she hurts you.** Perhaps the following tips will help you when you get angry.


WHEN YOU ARE ANGRY . . .

- Stop and think. Don’t do anything right away. “It’s okay to feel angry about this, but I don’t have to explode. I don’t have to hide my anger because I can express it in an appropriate way.” Consider your options. Think about what might happen if you try to hurt the other person.

- Know what you do is up to you. You can decide. You are in charge of your actions.

- Tell yourself, “It’s okay to feel angry. It’s not okay to hurt someone else even if that person hurt me first.”

- Keep your hands to yourself. Make fists and put them in your pockets.

- Keep your feet to yourself. Jump or dance or stomp.

- Tell the person how you feel. Use an “I message.” Example: “I feel angry when you hit me because it hurts. I want you to stop hitting me.”

- Learn to recognize signs that you’re about to express your anger. Do something before you explode. Let off steam in a safe, positive way. Go for a run. Shoot some hoops. Take a bike ride. Jump up and down.

- Take five deep breaths. Take five more. Take another deep breath, then blow it out. Blow your angry feelings out of your body.

- Tell the person, “Stop that! I don’t like that!”

- Walk away or run away from the person or situation that’s making you angry. You’re not running away. You’re doing something positive to make sure things don’t get worse or out of control.

- Make yourself relax and cool down. Think calm, peaceful thoughts. Try tensing, then relaxing every muscle in your body, from your head to your toes.

- Think cool thoughts. Imagine that you’re sitting on an iceberg. Cool down your hot, angry feelings.

- Think happy thoughts. Think of something you like to do. Imagine yourself doing it.

- Treat the other person with kindness and respect. It won’t be easy, but give it a try. This will totally surprise the other person, and it might end the conflict between you.

- Remember that getting back at someone never makes conflict better. It only makes it worse.

- Take a time-out. Go somewhere until you feel better.

- Draw an angry picture.

- Sing an angry song.

- Find another person to be with.

- Find an adult. Tell the adult what happened and how you feel.

- Ask yourself, “Why am I angry?” Maybe the person didn’t mean to make you angry. Perhaps it was an accident or a misunderstanding.

- Count slowly from 1 to 10. Count backwards from 10 to 1. Keep counting until you feel your anger getting smaller.

- Try not to take things so personally. Remember that the whole world isn’t against you.

- Know that you can do it. You can choose not to hurt someone else. It’s up to you.
• **Take a good honest look at yourself.** Is there something you need to change about the way you act around others? Are you too aggressive? Are you too bossy? Are you always interrupting others? Ask your parents and teachers to help you identify these behaviors and to learn behaviors that are more acceptable.

• **Ask your parents to help you find good e-mail friends and pen pals.**

• **Make friends with extended family members: aunts, uncles, cousins, etc.** Do things with them that are fun.

• **Be kind to the bully.** Your kindness may surprise and/or confuse him or her.

• **Compliment the bully.** For example, if the bully says you have big ears, say “I know, I wish I had ears like yours.”

• **Try to distract the bully by starting a conversation about something the bully might be interested in.**

• **Remember, some students participate in bullying, but they are not really true bullies.** They may not realize that they are hurting you. Talk to these individuals and explain how it makes you feel. Explain to them that you understand why they join in—they are afraid they might be the next victim. Tell them that you believe they are good people with good hearts and that you would like for them to be your friends. You may be surprised. They may apologize to you and even come to your defense in the future. Of course, you must be selective in choosing these individuals and say these things only to those to whom you believe it to be the truth.

• **If possible, avoid unsupervised and under-supervised areas in the school – between buildings, etc.** If you cannot avoid them, make sure you have someone with you. For example, try not to be alone in the bathroom or the gym’s locker room.

• **Tell a trusted adult when you see someone being mistreated.** If you wish, take a friend with you to tell an adult, but go when the bully is not around. If you are worried about putting yourself at risk, write an anonymous note to an adult. If you cannot tell your parents, then tell your grandparents, uncle or aunt—any adult you trust. If you cannot tell your teacher, then tell some other adult in the school. Tell them what is happening, who is involved, who the bystanders are, and where and when it is happening. Tell them how you feel.

• **If you are bullied in the lunchroom, avoid sitting near those who bully you, or move to a different seat and take a friend.** If this is not allowed, ask the lunch room supervisor if you can move. If the supervisor says no, ask your parents to speak to the principal and/or your teacher and explain why you must not sit near the bully.

• **If you are bullied in the hallways, try to avoid the bully by being aware of his or her location.** If the bully is walking ahead of you, slow down to give him or her time to move ahead. If the bully is behind you and is following you, do not walk into unsupervised or under-supervised areas, such as between buildings, or the playground, etc. Stop and talk to an adult and let the bully pass. Do not have a routine way of going to classes. Keep the bully guessing your route.

• **If you are bullied while walking to or from school, take a different route or ask your parents to arrange for you to ride with someone.**

• **Do not give up—maintain hope.** If the bullying continues, keep a trusted adult (especially your parents) informed and keep telling adults about your mistreatment. Do not feel that you
are causing trouble. Life is always changing, and no one can see the future. No matter how bad life may seem right now, peace and happiness can fill your life in the near future. There are people around you who care about you and want to help you. Trust them.

- **Being mistreated is stressful.** Being bullied can make you tired and make you feel sick. Help yourself deal with stress by talking to your parents about the mistreatment. To deal with the bully effectively you need to feel good. So, be sure to get plenty of rest, exercise and eat healthy foods.

- **Enroll in an exercise program, weight lifting program or martial arts program.** These programs build self-esteem, confidence and teach self-respect and respect for others. Physical exercise results in better physical condition and better coordination, as well as helps you deal with stress and anxiety. Please keep in mind that fighting back physically usually makes the bullying worse – rarely does it stop it. It may also make it last longer. But, if you are unable to run or be verbally assertive in a situation, and find yourself being physically attacked, being trained to respond will help you.

- **Get involved in service and charity projects.** There is something emotionally healing about helping others. Helping others is a great way to help yourself. Reach out to others around you who need encouragement, support and help.

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**Reach Out to Others**

- Sit with a new student at lunch
- Take up for a student who is being bullied
- Include everyone
- Talk with a new student
- Report bullying to an adult
- Help others feel like they belong

**Be Bully Free!**
• Avoid exposing yourself to violence in television shows, movies, video games and books. Fill your mind and heart with peaceful information.

• If you have tried everything to stop the bullying and nothing seems to work, then talk with your parents about the possibility of transferring to a different school system. Sometimes this helps, but sometimes it does not.

• Help your school to prevent and stop bullying. Tell your teachers about this book and ask them to contact Dr. Beane or visit his website www.bullyfree.com. If your teacher doesn’t have the Bully Free Classroom™ Rules, share the following rules with him/her.

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**Bully Free Classroom Rules**

- Bullying is not allowed in our classroom.
- We don’t tease, call names or put people down.
- We don’t hit, shove, kick or punch.
- If we see someone being bullied, we speak up and stop it (if we can) or go for help right away.
- When we do things as a group, we make sure that everyone is included and no one is left out.
- We make new students feel welcome.
- We listen to each other’s opinions.
- We treat each other with kindness and respect.
- We respect each other’s property (school property, too).
- We look for the good in others and value differences.

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• Ask your parents to buy you a pet. Your pet will always be glad to see you and love you. Your pet can be a great friend.
Without looking at the answer page, complete the following worksheet.

**What Should I Do?**

What should you do when someone bullies you? Read each idea and decide if you think this is something you might do. Check “Yes” if you would, “No” if you wouldn’t, or “Not sure.”

<table>
<thead>
<tr>
<th>When someone bullies you, you should:</th>
<th>Yes</th>
<th>No</th>
<th>Not sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.  cry</td>
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<tr>
<td>2.  tell a friend</td>
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<td></td>
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<tr>
<td>3.  tell the bully’s parents</td>
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<tr>
<td>4.  run away</td>
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<tr>
<td>5.  try to get even with the bully</td>
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<tr>
<td>6.  tell a teacher</td>
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<td>7.  stay home from school</td>
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<tr>
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<td></td>
<td></td>
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<tr>
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<tr>
<td>13. tell your parents</td>
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<tr>
<td>14. threaten the bully</td>
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<tr>
<td>15. stay calm and walk away</td>
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<tr>
<td>16. call the bully a bad name</td>
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<tr>
<td>17. shout, “Cut it out!” as loudly as you can</td>
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<tr>
<td>18. ignore the bully</td>
<td></td>
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<tr>
<td>19. tell a joke or say something silly</td>
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<tr>
<td>20. if other people are nearby, join them so you’re not alone</td>
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</table>
When someone bullies you, you should:

**1. cry**  
Bullies love having power over others. They enjoy making people cry. When you cry, you give them what they want. On the other hand, you might be so upset that you can’t help crying. If this happens, get away as quickly as you can. Find a friend or an adult who will listen and support you.  

**Best answer: NO.**

**2. tell a friend**  
Make sure it’s a friend who will listen, support you and stand up for you. And don’t just tell a friend. Tell an adult, too.  

**Best answer: YES.**

**3. tell the bully’s parents**  
Some kids become bullies because their parents bully them. The bully’s parents are more likely to believe their child, not you. They might even get defensive and blame you.  

**Best answer: NO.**

**4. run away**  
If you feel you’re in real danger—for example, if you’re facing a gang of bullies—then run as fast as you can to a safe place. At other times, it might be better to stand your ground and stick up for yourself. Follow your instincts!  

**Best answer: NOT SURE.**

**5. try to get even with the bully**  
The bully might get angry and come after you again. Plus getting even makes you a bully, too.  

**Best answer: NO.**

**6. tell a teacher**  
Tell a teacher especially if the bullying happens at school. Most bullying happens where adults aren’t likely to see or hear it. Your teacher can’t help you unless you tell (or someone else tells).  

**Best answer: YES.**

**7. stay home from school**  
Unless you feel you’re in real danger, you should never stay home from school to avoid a bully. Remember, bullies love power. Imagine how powerful they feel when they can scare someone away from school! Plus staying home from school gets in the way of your learning and hurts you even more.  

**Best answer: NO.**

**8. hit, push or kick the bully**  
Since bullies tend to be bigger and stronger than the people they pick on, chances are you’d get hurt. Plus you might get in trouble for fighting.  

**Best answer: NO.**

**9. stand up straight, look the bully in the eye and say in a firm, confident voice, “Leave me alone!”**  
Bullies don’t expect people to stand up to them. They usually pick on people who don’t seem likely to defend themselves. So they’re surprised when someone acts confident and strong instead of scared and weak. This might be enough to make them stop.  

**Best Answer: YES.**

CONTINUED →
Answers to: What Should I Do?

10. hunch over, hang your head and try to look small
   so the bully will stop noticing you
   This gives bullies what they want—someone who appears even more scared and weak.
   Best answer: **NO.**

11. laugh and act like you just don’t care
   Some bullies will give up if people don’t react to their bullying. But others will bully harder to
   get the reaction they want.
   Best answer: **NOT SURE.**

12. stand up straight, look the bully in the eye and say
    in a firm, confident voice, “Stop it! I don’t like that.”
    See #9.
   Best answer: **YES.**

13. tell your parents
    Tell them what’s happening and ask for their help.
    Best answer: **YES.**

14. threaten the bully
    The bully might get angry and come after you even harder.
    Best answer: **NO.**

15. stay calm and walk away
    Remain calm and walk away especially if you can walk toward a crowded place or a group of
    your friends.
    Best answer: **YES.**

16. call the bully a bad name
    This will only make the bully angry—bad news for you.
    Best answer: **NO.**

17. shout, “Cut it out!” as loudly as you can
    This may surprise the bully and give you a chance to get away. Plus, if other people hear you,
    they might turn and look, giving the bully an audience he or she doesn’t want.
    Best answer: **YES.**

18. ignore the bully
    Bullies want a reaction from the people they’re bullying. Ignoring them might lead to more and
    worse bullying.
    Best answer: **NO.**

19. tell a joke or say something silly
    Sometimes humor can defuse a tense situation. Be careful not to tell a joke about the bully or
    make fun of him or her.
    Best answer: **NOT SURE.**

20. if other people are nearby, join them so you’re not alone
    Bullies generally don’t pick on people in groups. They don’t like being outnumbered.
    Best answer: **YES.**
WHAT SHOULD YOU DO ABOUT CYBERBULLYING?

You need to know how to handle a new form of bullying – electronic bullying or cyberbullying. This form of bullying involves the use of the Internet and other forms of information and communication technologies designed to mistreat and hurt others. These include: e-mail, pager text messages, instant messaging, cell phones, defamatory personal web sites and defamatory online personal polling web sites. This way of bullying is becoming more and more popular. Bullies have even developed their own cyber language, making it difficult for you and your parents to understand the messages. For example, “Ur guna git al-{2day for *ing my bf” is cyber language for “You’re gonna get a black eye today for kissing my boyfriend.”

Experts offer you and your parents the following advice (Schoolyard Bullying Goes High Tech, The Paducah Sun, July 29, 2003):

- Limit the amount of time you are on the Internet.
- Report to your parents any threatening and harassing messages you get. Print threatening and harassing messages. It is against the law to send such messages. Your parents can report the messages to the police and to their Internet provider.
- Limit the number of people to whom you give your e-mail address and cell phone number. To be on the safe side, if the sender’s name and address is unfamiliar, don’t open the message.
- If the bullying happens through a personal account, ask your parents to report the situation to the bully’s e-mail account provider, which is usually the word after the “@” sign.
- Have your cell number or e-mail address changed if bullying continues to be a problem.
- Sometimes, those who bully are not necessarily your classmates. There are adults in the world who will harass you. Record the messages, and immediately report the bullying to a parent, school official or police officer.
- Do not respond to bullying messages. The bully may print your message and get you into trouble.
- Exit a chat room when individuals start mistreating you through their words. Write down the individual’s screen name and report him/her to an adult. Ask the adult to report the individual to the police and your Internet provider.
- NEVER give out your real name, address, or telephone number to strangers or someone you have met only on-line.
- NEVER send a picture of yourself to someone you haven’t met face-to-face.
- NEVER arrange a face-to-face meeting with someone you met on-line until you’ve checked with your parents.
- NEVER give out a credit card number.
- NEVER record your own voicemail and say your name.
WHAT SHOULD YOU DO WHEN SCHOOL PERSONNEL BULLY YOU?

Not much has been written about what should be done when school personnel bully a student. The following suggestions may not be appropriate for all situations or the individuals involved.

- Keep in mind, for a behavior to be labeled bullying, it has to be persistent (repeated) and intentionally designed to hurt or frighten you or to have power and control over you. So ask yourself, "Is the adult really bullying, or is he or she engaging in behavior that is not appropriate nor professional?"

- Keep a log (record) of the bullying events by writing down: Who bullied you? Who were the bystanders? When did it happen? Where did it happen? Include all the other items discussed earlier in this book. It is important to have the facts about what has happened.

- Ask yourself: "Am I doing anything that is wrong that might be encouraging the adult's behavior?" Please understand that no one deserves to be bullied. But, sometimes our behavior does not help our circumstances.

- Ask your parents to find out what other parents and students know about this adult. When your parents talk to them, they shouldn't mention the bullying - just seek information in an informal way - not criticizing the teacher - but just interested in what they know.

- Check to see if the school system has written personnel policies that the adult is violating. School districts usually have harassment policies that deal with this behavior.

- I believe when you have a problem with an adult who works at school, you should go directly to him or her first and share the facts that you have recorded. I like to think positive of a person first and assume he or she might be cooperative. Of course, sometimes I have been disappointed. Be opened minded - perhaps the person does not realize how hurtful he or she is being. Be sure to take good notes about the meeting. You might want to have a tape recorder available so you can record immediately after the meeting what was said. You might also want to take your parents (or some other trusted adult) with you to the meeting to confirm what was said. If the adult is mistreating other students, ask those students and their parents to go with you.

- If that person is not cooperative - you and your parents should go to the person's supervisor (i.e., the principal). If the adult is mistreating other students, ask those students and their parents to go with you. After the meeting, ask the supervisor to tell you when he or she plans to talk to the person who is bullying you. Follow-up with a telephone call to the supervisor to see if the meeting occurred. Tell the supervisor that this is hurting you, so his or her prompt action is important. The supervisor does not have to tell you what corrective action has been or will be taken. If you and your parents are not satisfied with the supervisor's response, your parents should tell him or her that you plan to go to the next level (i.e., the superintendent). If necessary, you and your parents may have to go to the chairman of the Board of Education or someone on the board you and your parents respect and trust. Again, make sure you have your facts. Of course, other victimized students and their parents can go with you and your parents to each of the meetings.

- If you are not satisfied with the response of the school system, you can ask your parents to talk to an attorney to see if any action can be taken. Sometimes a letter from an attorney is all that is
needed. You and your parents might be able to force the school to assign you to a different teacher. You might want to talk to an attorney and see if you could take a small tape or video recorder to school and record the mistreatment. They make video and audio recorders that are about the size of your little finger. Make sure that you can legally record the individual - you do not want to get into trouble for tape recording someone.

- Do not tolerate the mistreatment of others.
- Be a good role model for other students. Exhibit self-control, kindness, empathy and sensitivity. Model the Golden Rule. Treat others the way you want to be treated.
- Be a peacemaker. Do not stir up strife or conflict. Do not spread lies and rumors about others.
- Surround yourself with people who have good morals, who know what is right and what is wrong. Make friends with students who are kind and accepting of others and avoid friendships with students who mistreat others.
- Respect those who are in authority positions.
- As a last resort, ask your parents to transfer you to a different school. This does not always help, but it might give you a “fresh start” in a different school. It is better to go to a new school at the first of the year, instead of going after school has started.

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**Being Bully Free**

**Means We Believe . . . .**

"We don't all have to be the same."

"We don't all have to dress the same."

"We should treat others the way we want to be treated."

"We should treat others with respect."

"We should tell an adult when we are mistreated."

"We should tell an adult when we see someone mistreated."

"**WE SHOULD STAND UP FOR THOSE WHO ARE MISTREATED.**"
WHAT SHOULD YOU DO IF YOU ARE BULLYING OTHERS?

- Stop! Apologize, make restitution and ask forgiveness.
- Frequently remind yourself of the Golden Rule – treat others the way you want to be treated. Also remind yourself of what it means to have “brotherly love.” Such love is kind, isn’t jealous, doesn’t show off, is not self-centered, is not two-faced, is not rude, is not selfish, thinks no evil, seeks to do good, doesn’t rejoice in the failure of others, rejoices in the truth, encourages and gives hope and helps us and others cope with all things.
- Determine if you are a bully. Complete the following questionnaire to determine if you might be a bully.

<table>
<thead>
<tr>
<th>Are You A Bully?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you ever wondered if you’re a bully? Here’s a quick way to tell if you are or might be. Read each question and circle “Y” (for yes) or “N” (for no).</td>
</tr>
</tbody>
</table>

Be honest!

1. Do you pick on people who are smaller than you?  Y  N
2. Do you pick on animals?  Y  N
3. Do you like to tease and taunt other people?  Y  N
4. If you tease people, do you like to see them get upset?  Y  N
5. Do you think it’s funny when other people make mistakes?  Y  N
6. Do you like to take or destroy other people’s belongings?  Y  N
7. Do you want other students to think you’re the toughest kid in school?  Y  N
8. Do you get angry a lot and stay angry for a long time?  Y  N
9. Do you blame other people for things that go wrong in your life?  Y  N
10. Do you like to get revenge on people who hurt you?  Y  N
11. When you play a game or sport, do you always have to be the winner?  Y  N
12. If you lose at something, do you worry about what other people will think of you?  Y  N
13. Do you get angry or jealous when someone else succeeds?  Y  N

Read this AFTER you answer all of the questions!

If you answered “Yes” to one or two of these questions, you may be on your way to becoming a bully. If you answered “Yes” to three or more, you probably are a bully, and you need to find ways to change your behavior. Good news: Bullies can get help dealing with their feelings, getting along with other people and making friends. Parents, teachers, school counselors and other adults can all give this kind of help. JUST ASK!!!

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YOU MAY BE A BULLY IF YOU . . .

- Enjoy feeling powerful and in control
- Enjoy dominating others
- Enjoy manipulating others
- Have little empathy for others
- Have little compassion for others
- Get excited when others have conflict
- Blame others for your problems
- Disrespect school personnel
- Are concerned about your own pleasure and needs
- Spread rumors and lies about others
- Frequently hit, punch, pinch, kick or shove others
- Threaten others
- Damage or steal the property of others
- Lie to stay out of trouble
- Frequently tease others or call them names
- Frequently reject others (ignore them)
- Use others to get what you want
- Are cruel to animals

- Ask yourself, “Why am I mistreating the individual?”
  - Are you unhappy about something or angry about something that you need to discuss with an adult? If you are, talk to someone about it instead of taking it out on someone else.
  - Are you mistreated somewhere else and don’t want to be the one mistreated at school?

- Examine the errors in your thinking. Do you always blame others? Keep reminding yourself that no one deserves to be mistreated. Do you think others are “out to get you”? They aren’t. Are you mistreated at home, so you think you need to mistreat others at school before they can mistreat you?

- Realize that if you keep on mistreating someone you could get into a lot of trouble. You could be suspended or expelled from school, or get into trouble with the law.

- Remind yourself that it is often those who are feeling small, afraid, weak and helpless that resort to violence by retaliating (getting even). When they retaliate (get even), they go after those who have mistreated them, and they often hurt innocent bystanders and may even kill them.

- Sometimes mistreating someone becomes a habit. But you can stop! You can change. Bullying is a choice. Talk to someone about your need to change. Monitor your own behavior. Ask an adult to require you to report your behavior to him/her once a week.

- Perhaps you have fallen into the trap of mistreating someone because “everyone is.” If this is the case, you may feel guilty and need to ask someone to help you get out of the trap. Share your thoughts and feelings with an adult. If you wish, take a friend with you, but go
when the bully is not around. If you cannot tell the adult personally, then write a note to him/her explaining what has happened. If you cannot tell your parents, then tell your grandparents, uncle or aunt – any adult you trust. If you cannot tell your teacher, then tell some other trusted adult in the school. Tell him/her what is happening, who is involved, who the bystanders are, and where and when it is happening.

- **Keep in mind that mistreating others also hurts you.** When you mistreat others, you increase your risk of heart problems and have more relationship problems as adults. In addition, people will never forget you mistreated them and others. For the rest of your life, you may be labeled a bully, and people will not have pleasant thoughts about you.

![](image)

- **Being Bully Free is Healthy!**

![](image)

- Make sure you get a good night’s sleep, regular exercise and eat the right foods. All of these will help you have better self-control.
- Don’t get defensive if your parents and/or other adults ask you questions about your behavior.
- Don’t get defensive if your parents increase their supervision of your activities. Be thankful that they care enough about you to help you behave more appropriately. Everyone needs somebody who holds him/her accountable for his/her actions.
- Examine your friendships and select friends and others to be with who have good morals. Develop a moral, religious and spiritual network around yourself.
- Discover that there is power and control in doing good deeds. Get involved in community service activities and charity activities. Find opportunities to help others.
- Develop interests and learn a new hobby or develop a new skill such as painting, drawing or playing an instrument. This might help you feel good about yourself.
- **If you feel bad about yourself, ask an adult to help you.** Frequently remind yourself of your positive characteristics and successes. Take advantage of opportunities of successful experiences and experiences that help you feel valued and appreciated. Self-acceptance is the basis for self-improvement, and self-love is the basis for compassion toward others.

- **Learn to control your anger.** If possible, get away from situations that anger you. Study and practice anger management skills presented in this book.

- **Try to visualize yourself being kind to others and getting along with others.** Arnold Schwarzenegger once said, "As long as you can envision the fact that you can do something, you can do it—as long as you really believe it 100 percent." It's a fact that many successful athletes have improved their performance with positive visualization—mentally "seeing" themselves succeed. Practice visualizing (seeing) yourself getting along with others. Don't expect yourself to mistreat others.

![Being Bully Free Means Encouraging Others!]

- **Talk sense to yourself.** Use the following words and phrases to "talk sense to yourself" when you feel frustrated or upset.

![Talking Sense to Myself]

- **Stop**
- **Think**

  I can make a better choice.  
  I don't have to do this.  
  I can keep my hands to myself.  
  I can walk away.  
  I can control myself.

  There's a better way.  
  I'm better than this.  
  I'm in charge of me.  
  I can stop and think.  
  I can put on the brakes.
- Do something kind and then reward yourself with a special treat or privilege.
- **Look for something meaningful to do at home.** Have chores and responsibilities. Doing these things well will make you feel good about yourself.
- **Talk to the victim's parents and apologize for your behavior.**
- **Write down in a journal/notebook your thoughts and feelings about what has happened.** Give your parents or a trusted adult permission to read what you have written. Journaling helps you to work through your emotions and thoughts.
- **Remember, a person's reputation is more valuable than gold.** It is important that you have a good name. People will remember all their lives how you treated them. How would you describe your current reputation as it relates to how you treat others? When people hear your name, what do they remember and what do they think about?

### Ways to Be Cool
- Kindness is cool.
- Acceptance is cool.
- Tolerance is cool.
- Reporting bullying is cool.
- Welcoming new students is cool.

### Ways to NOT Be Cool
- Bullying isn't cool.
- Spreading rumors isn't cool.
- Gossip isn't cool.
- Name calling isn't cool.
- Teasing isn't cool.

**WE CHOOSE TO BE COOL!**
WHAT SHOULD YOU DO IF YOU ARE A Bystander?

According to experts, there are three (3) different types of bystanders: (1) victim bystanders, (2) avoidant bystanders and (3) ambivalent bystanders. The victim bystanders may identify with the victim and become afraid they may become a victim if they don’t support the bullying. This is a real fear because victim bystanders could very easily become the next targets. The avoidant bystanders watch the bullying and don’t do anything about it. Sometimes their avoidance is simply because they feel there is nothing they can do, or they don’t know what to do. The ambivalent bystanders have distracted contradictory feelings about the bully and the bullying. They are always trying to figure out what role they play in the power dynamics.

If you are not a victim, but a bystander, you should still be concerned. Researchers have discovered that bystanders who witness bullying sometimes experience increased levels of fear, anxiety, depression and hopelessness. Even bystanders feel that there is nothing that can be done to stop the bullying.

Just as it is important for victims of bullying to develop effective coping strategies, it is also important for bystanders to develop certain skills. Bystanders have to be willing to buck the peer system.

Tips for Bystanders:

- **Write down in a journal/notebook your thoughts and feelings about what has happened.** Watching bullying almost everyday can make you fearful and feel unsafe. Sometimes bystanders also experience a lot of guilt feelings. Give your parents and/or a trusted adult permission to read what is written. Journaling helps you work through your emotions and thoughts about the mistreatment you observe.

- **When you see someone mistreated, keep a record of the event and tell a trusted adult.** Write down what happened, who was involved, when and where it happened. Also write down what happened immediately before the event and what happened when it was over.

- **Ask your friends to join you in making a commitment to help your school be bully free.** Remember, you and your friends (the other bystanders) outnumber the bullies. You can make a difference.

- **Ask your friends to help you communicate to the bully that bullying will not be tolerated.** Tell the bully that you and your friends value the Golden Rule – treat others the way you want to be treated. Take a stand against the bully. The longer you wait to do this, the more likely you are to join in on the bullying.

- **When you see the bully alone, take some friends with you to tell the bully to stop mistreating the students you know are victims.**

- **Don’t watch the mistreatment.** The bully wants an audience. You can also try to stop it by going over and standing beside the victim. Ask some friends to join you.
• Take on the characteristic of the victim that the bullying is using to mistreat him/her. For example, you could go over and stand beside the victim and say, “I’m pretty stupid myself, in fact, everybody is stupid in some way.”

• Refuse to laugh when someone is made fun of or mistreated in some way.

• Don’t let bullies control how you treat others. Maintain your values and beliefs. Do what is right. Remember a person’s reputation is more valuable than gold. It is important that you have a good name. People will remember all their lives how you treated them. How would you describe your current reputation as it relates to how you treat others? When people hear your name, what do they remember and what do they think about?

• Be a peacemaker. Do not stir up strife or conflict. Live out the Golden Rule, and encourage others to do the same.

• When you hear gossip, end it by telling the person that you are not going to share the story with anyone and that you feel the person should be told that rumors are being spread about him/her. Let the victim know that a rumor is being spread about him/her and that you are trying to stop it.

• Learn to use the assertiveness skills presented in this book. They will help you defend victims of bullying and help you cope with the bully if he/she tries to bully you.

• Encourage the victim to share his/her thoughts and feelings with you. Be a good listener.

• Invite the victim to do something with you and others; perhaps go to a movie. Make sure the experience is a positive one.

• When you see someone being bullied, walk over and put your hand on the victim’s shoulder and walk off with him or her. If possible, ask some friends to join you in your support of the victim.

### Bully Free Pledge

• I won’t bully others.

• I will help students who are bullied.

• I will include students who are left out.

• I will report any bullying I know about or see.

______________________________
Your Signature
• Try to remember the Bully Free Cheer.

Empowered Bystanders are Bully Free*

By Immanuel Reeve Lamb and Allan Lane Beane

Together we stand,
and never will we part,
we will think for ourselves,
not letting others control our hearts,

peace is what we'll strive for,
we'll do the best we can,
to make bullying no more,
we want all to understand.

we aim to be Bully Free,
for we know in our hearts,
Bully Free is the way to be,
so let's make a new start!

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CONCLUSION

Hopefully you have found this book to be helpful. Once again, you should decide what strategies are best for you and your situation. You can be Bully Free™! You can help others be Bully Free™! You can help your school be Bully Free™! May you, your family and friends be blessed with health, peace and happiness!

REMEMBER . . .

Together,
we can make it happen!

STOP BULLYING NOW!
Allan L. Beane, Ph.D.

**Educator**

**Author**

**Speaker**

**About the author:** Allan L. Beane, Ph.D., a former classroom teacher, is a nationally recognized expert, speaker and author on bullying, as well as a nationally renowned consultant and educator. He has over 30 years experience in education that includes teaching special education, teaching regular education and serving as Director of a School Safety Center. He has served as an expert witness in criminal cases involving bullying and has been an expert guest for Fox News in Chicago.

Dr. Beane’s son was bullied in seventh grade and high school. Bullying contributed to his son’s dying at the age of 23. His son’s life inspired him to write the book, *The Bully Free Classroom™*, and other books about bullying. Schools and districts all over the United States have adopted his Bully Free Program. For more information, visit [www.bullyfree.com](http://www.bullyfree.com).

A dynamic and highly sought-after speaker, he has presented keynote addresses, presentations and workshops to school districts, organizations, colleges, students and parents throughout the United States. His down-to-earth speaking style, inspirational stories and practical strategies appeal to audiences everywhere.

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