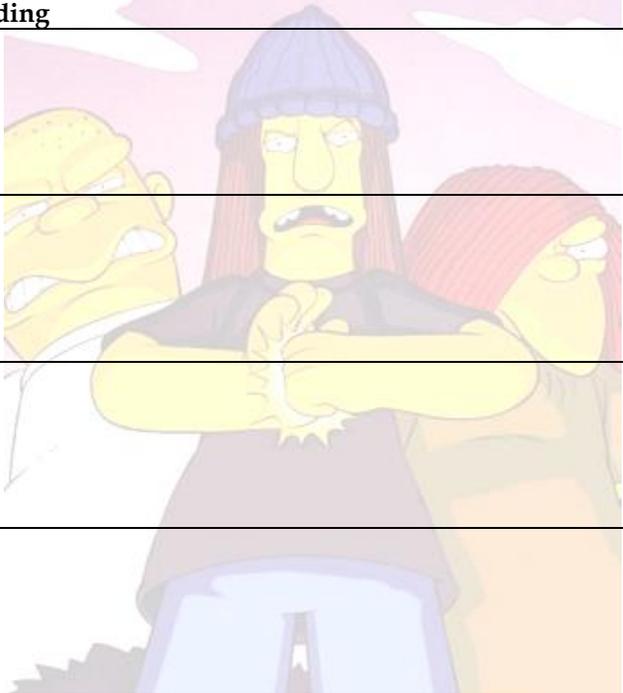


To put it simply, bullies are people who try to make us feel bad. They can do this by teasing us, calling us names, taking our stuff, even trying to hurt us physically. If a bully knows they can make you feel bad, they're going to keep bullying you. This leads us to the First Rule for Dealing with Bullies: **don't feel bad**. Don't let the things a bully says or does make you feel bad. Our Second Rule for Dealing with Bullies is **don't be mean**. We don't want to become the bullies ourselves.

Read the stories below, then write a good ending that you feel follows **both** Rules of Dealing with Bullies

Story	Ending
You just got a really awesome shirt for your birthday, and you want to wear it to school the next day. During recess, a bigger kid tells you that shirt is stupid, and you're stupid for wearing it	
You're playing with some toys, when a bigger kid walks up, takes one, and says "this is mine, now"	
You check your Facebook page, and some people have written some really mean things about you on your Wall	
At the park, you're on the swing when someone walks over and says "I wanna swing now," and goes to push you off the swing	

As martial artists, we have an extra privilege. We don't just have to keep ourselves safe; we can help stop bullies from making others feel bad. But, this privilege comes with a great deal of responsibility. If you saw someone being bullied at school, what would you do? _____

What if they were being bullied outside of school; at the park, or the mall, or wherever it is you kids hang out these days? _____

If your friend was being bullied online, what could you do to help them? _____

Sometimes, we can find ourselves in a difficult situation. We try to be nice, and hang out with other people who are nice (not bullies). But, sometimes even nice people can act in mean ways. People in a bad mood can take it out on others, becoming bullies, sometimes without even realizing it. If you saw one of your friends being mean to another person, what would you do? _____

Sometimes, even we can be in bad moods. If you were in a bad mood one day, and your friend told you that you were being really mean to other people, how would you react? _____