

Protecting ourselves from bullies is an important part of keeping ourselves safe. Bullies are people who try to make you feel bad. They can do this in a lot of different ways. They can call us names, tease us, they could even try to hurt us physically (pushing us, hitting us, etc.). What they are trying to do is make you feel bad. Read the stories below, then, in the space next to each story, draw an 'X' if you think someone is being a bully, or put a '✓' if there's no bullying in the story

_____ Benji sees a group of girls laughing across the room, but he can't hear what they're laughing about

_____ Allison sits behind David in class, and she pokes him in the back with her pencil every day

_____ Kyle send an e-mail to his friends that says mean things about another kid in their class named Greg

_____ Clara sprained her ankle jump-kicking six, no seven, ninjas, and now she kinda limps a little. Whenever Trevyn and Darius see her, they start limping too, as a joke.

_____ During a squirt gun battle, Enoch is hiding behind a tree, when Ella runs by. Enoch jumps out from behind the tree and squirts Ella, who laughs, and squirts Enoch back



BOOM!'s First Rule for Dealing with Bullies is **don't feel bad**. If a bully wants to make you feel bad, and he can do it, he (or she) will keep doing it! When a bully says something mean to us, we want to let them know that they can't make us feel bad (following the First Rule), but, we must follow the Second Rule for Dealing with Bullies: **don't be mean**. We want to make sure that we don't become the bullies ourselves. Read the stories below, then circle the ending that you think best follows **both Rules of Dealing With Bullies**.

You just got a really awesome shirt for your birthday, and you wear it the very next day to school. During recess, a bigger kid says that your shirt is stupid, and that you're dumb for wearing it

a) you try to fight back your tears, clench your fists, yell "be quiet!" to the bully, and run off

b) you tell the bully "at least it's not as stupid as your shoes"

c) look at the bully, smile a little, shrug, and say "haters gonna hate"

At school, some of the kids make fun of your name, and rhyme it with some mean words

a) Offer them some friendly advice to improve their rhyming. After all, it's been your name your whole life. No one knows what rhymes with it better than you

b) Tell them to stop it. If they keep doing it, say "Stop It!" louder and angrier each time

c) Beat them up, for they have made you mad and should be punished

Sometimes, a situation with a bully may get physical; they may try to push us around, or hit us. If you feel like this might happen, what do you think you should do?

a) Run away as fast as you can, screaming "Help! Help!" and hope that a parent, the recess teacher, or an adult who can help me in nearby

b) Quick! Before the bully can do anything to hurt you, kick them in the groin as hard as you can, then elbow them in the head as they bend over

c) Try to see if there is any adult nearby who can help you. If there is, run to them and tell them what's going on. If not, pay attention to the bully, and do whatever you can to keep yourself safe.