

BULLY BUSTER PROGRAM

Zahand's Martial Arts



\$10 UNIFORM AND FREE WEEK OF LESSONS (\$89 VALUE)

Call Zahand's Martial Arts

Phone: (330)-926-2001

Website: www.zahands.com

Address: 1576 Akron Peninsula Road, Akron OH, 44313

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Bullying - Unwanted, aggressive behavior among individuals that involves a real or perceived power imbalance. Two things define bullying.

1. The perpetrator is mean
2. The perpetrator is consistent (more than one incident)

12 Steps to Busting Bullies

- Make Friends. Treat the bully as a friend. Many people are bullies because they have been bullied or do not have many friends themselves.
- Use Humor. Humor can defuse a dangerous situation, making it much less threatening. If you are a funny person, use this to your advantage.
- Use your imagination. Say something that can throw the bully off his headstrong pursuit. Ex. "I am really sick! If you touch me, you can catch it!"
- Walk away. The most important step to handling bullies. If you are not there, you cannot be bothered.
- Ignore. You must be important to them and their time if they feel the need to bother you. They do not have to be worth yours. Bullies want attention. Do not give it.
- Agree. It does not matter what anyone says. Fighting back is common, but will only escalate the situation. Your emotions are your emotions. No one controls you. When insulted, just agree with the insult. Love even your faults, and no one can use them against you.
- Refuse to fight. The winner of a fight is the one who prevents it. The person who creates the best outcome for everyone is the true fighter. That is YOUR #1 GOAL! You have nothing to prove.
- Stand up. Use your words and stand up to the bully if they are bothering you or someone else. They know they are wrong. Being told they are may stop them in their tracks.
- Scream/Yell. If you are in trouble, a powerful scream could get someone's attention to help you and others in a bad spot. Use your best karate kiai!
- Use authority. Never be afraid to tell someone you or someone you know is being bullied. An adult with the power to change your situation can truly help.
- Reason. Talk calmly and try to figure out a method to avoid getting hurt/getting in trouble.
- Take a stance. Everyone has a right to defend themselves.