

BULLY PREVENTION

Bully prevention means taking action to stop bullying before it happens or when you see it. It's about protecting yourself and others with confidence and respect.

BULLY PREVENTION TERMS AND DESCRIPTIONS

- CONFLICT** happens when two or more people have a disagreement, argument, or different viewpoints. Both sides are usually equally involved. For example: disagreeing over a game or arguing about who gets to go first. Conflicts are part of life, and while they may be frustrating, they can often be solved by talking it out, finding common ground, or asking an adult for help.
- BEING PICKED ON** happens when someone teases or makes fun of another person in a hurtful way, but it may not be as consistent or aggressive as bullying. For example: a friend teasing you once about your shoes, or someone making a comment about your lunch. If the teasing happens repeatedly or becomes meaner, it could turn into bullying. It's important to stand up for yourself and let someone know how it makes you feel.
- BULLYING** is when someone repeatedly picks on, threatens, or hurts another person on purpose. It's an unfair power dynamic where the bully is trying to have control over the victim. For examples: pushing someone every day, spreading nasty rumors, or sending hurtful messages online. Bullying is harmful, and it's important to speak up if you or someone else is being bullied. Remember, being an up-stander means standing up for others and not staying silent.

The first step to preventing bullying is the ability to identify when a situation is considered bullying, and when it is considered normal conflict. Read the scenarios below circle bullying or circle conflict. Explain what you would do to defuse the situation.

- SCENARIO 1:** During lunch, a classmate named Ryan keeps calling Mason names like "loser" and "weakling" in front of the other students. Ryan does this to Mason every day.
BULLYING OR CONFLICT (circle one)
HOW WOULD YOU HANDLE THIS: _____
- SCENARIO 2:** On the bus, Sophia is teased by a group of kids who keep poking fun at her backpack and clothes.
BULLYING OR CONFLICT (circle one)
HOW WOULD YOU HANDLE THIS: _____
- SCENARIO 3:** Lily and Olivia are working on a group project for class. Lily wants to do the presentation one way, but Olivia has a completely different idea. They start arguing, and it feels like they are stuck.
BULLYING OR CONFLICT (circle one)
HOW WOULD YOU HANDLE THIS: _____
- SCENARIO 4:** Henry notices that his friend Mia is being picked on in their group chat. Another student keeps posting mean comments about her appearance and sending laughing emojis.
BULLYING OR CONFLICT (circle one)
HOW WOULD YOU HANDLE THIS: _____
- SCENARIO 5:** Ethan and Hunter are arguing over the rules of a soccer game at recess. Ethan thinks Hunter cheated, but Hunter insists he followed the rules. Both boys are getting frustrated, and other kids are watching the argument.
BULLYING OR CONFLICT (circle one)
HOW WOULD YOU HANDLE THIS: _____
- SCENARIO 6:** At recess, Ella sees a group of kids surrounding Jack and making fun of his haircut. They are pointing and laughing, and Jack looks upset but isn't saying anything back.
BULLYING OR CONFLICT (circle one)
HOW WOULD YOU HANDLE THIS: _____

FAMILY DISCUSSION

As a family, how can you help each other practice bully prevention at home and in the community?

Parent/Guardian - How will you support your student in using martial arts principles to stop bullying and build positive relationships?
