

# Bully-Proofing

**Bullying** comes in many forms. It can happen when another child tries to hurt or scare you, when someone says something mean to you or about you, or when kids leave you out.

There are several things you can do to be bully-proof...review the techniques listed below, we will discuss and practice these techniques during mat chats so as you get ready to go back-to-school you can be confident that you will be bully-proof all year long.



**There are several aspects to this issue:**

**BEING bullied as well as BULLYING**

**WATCHING and doing nothing**

**97% of bullies were made that way by other people, 3% were born that way**

**Using 5 rules of personal safety:**

Use your mind—use your words—use your feet—  
ask for help—defend yourself

**Helping someone that's being bullied:**

Get there first—redirect—get help—take charge

**We'll practice ALL of this over the next 9 weeks!**

**Warrior and Junior Student Life Skills Packet**

# Silver Merit Stripe for:

Student Name \_\_\_\_\_

**Due the week of 11/15/2021**

What makes you angry and what can you do about it when others “push your buttons”?

\_\_\_\_\_

\_\_\_\_\_

How can you practice “using your mind” before the bullying starts?

\_\_\_\_\_

\_\_\_\_\_

How can you practice “using your words” (word blocks) once the bullying starts?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How can you practice using your feet to get away and who can you ask for help?

\_\_\_\_\_

\_\_\_\_\_

**BACK OFF!!!** Final warning... did this work? Were you ever forced to defend yourself? Explain how this HAS happened in the past and how it SHOULD look as a martial artist.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## To be completed by the parent

Student is practicing his or her Bully-Proof skills outside of school? (circle one).

Excellent    Good    Fair    Needs Improvement

Other Comments:

I have read the above and confirm my student is performing satisfactorily at home.

Parent signature \_\_\_\_\_ Date \_\_\_\_\_

# Bronze Merit Stripe for:

Student: \_\_\_\_\_

**Due the week of 11/29/2021**

Dear Teacher: Our martial arts' students are currently studying being bully-proof. Please observe the student to see if he or she is avoiding becoming a victim of bullies by using his or her voice and confidence to avoid becoming a victim of bullying. We also want to make sure they are not being a bully themselves and they are being friendly, courteous, and demonstrating compassion to others. More importantly, has there ever been an instance where this student "buddied" with someone to intervene and stop any bullying? We'd really like to know!

Student's Name \_\_\_\_\_

Grades	Excellent	Good	Fair	Needs Improvement
Respect	Excellent	Good	Fair	Needs Improvement
Demonstrating <u>confidence</u>	Excellent	Good	Fair	Needs Improvement
Demonstrating <u>compassion</u>	Excellent	Good	Fair	Needs Improvement

Other Comments:

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I have read the above and confirm the above named student is performing satisfactorily at school, is treating myself, other teachers, and fellow students with courtesy and respect and is demonstrating confidence and compassion.

Signed \_\_\_\_\_ Date \_\_\_\_\_