

We often think about bullying as something that happens to kids. However, you will encounter bullies your whole life, and learning how to deal with bullies (or whatever term you would care to give 'em) is an important skill to have. For the kids, we talk about a bully wanting to make us feel bad. Regardless of age, that's the goal of a bully. Once a bully knows they can make you feel bad, they're likely to keep doing it.

There are many ways that bullies try to hurt us: physically, mentally, emotionally. Think of some things a bully might do (or, maybe, has done) to make you feel bad:

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

How we respond to bullies, as martial artists, is equally important. For each of the bully tactics you listed above, think of an appropriate response

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

One of the best ways to avoid being bullied is to not make yourself a target for bullying in the first place. What do you think are some things you can do to avoid becoming a target for bullies in the first place? _____

As martial artists, we have an additional responsibility when it comes to dealing with bullies. If you saw someone being bullied, what would you do if...

- The bully was standing in front of them and teasing them, name-calling, etc? _____
- You saw the bully take their stuff (backpack, money, etc.)? _____
- The bully shoves them, grabs them, or tries to hit them? _____
- You notice someone being bullied online? _____

