



BULLY SHMULLY

Program Concepts/Content

Be prepared. Before it happens, know what you're going to think, say, do and feel if you are being bullied.

Why this program? Bullying doesn't just happen in school, or during the school years; it is something that can continue on throughout adulthood. It's very important to learn at an early age how to act and react to create happiness in your own life, regardless of the actions of others.

YOU. It's up to YOU to take responsibility for your life and your happiness. You cannot change how other people act, directly, but you have control over how you act and react, and that can influence others to change how they act towards you.

About physical bullying. This program emphasizes techniques to positively respond to verbal bullying. However, your school's policy toward physical bullying will be addressed.

We can all bully. We can all be bullied. Don't think of people as "bullies," but as "people"; they're your classmates, your neighbors, your teammates, your family, your friends, etc. How we act towards people can start with how we have labeled them. Use positive labels.

Friends or enemies? Would you rather have friends or enemies? How do you treat people who are friends? If someone is bullying you, does it help to respond to them with anger?

The Golden Rule. Treat others as you would like to be treated. It's easy to be nice to others when they are nice to you, but it's especially important to be nice to others when they are not being nice to you. It makes it easier for them to be nice to you, because... it's easy to be nice to others when they are nice to you. (see above)

Verbal Bullying Experiment. Students insult Eric (from an approved list of insults) to prove how his different reactions will produce different results.

Positive ways to react. Using self-deprecating humor. Giving honest compliments. Giving the benefit of the doubt. Extending an olive branch.

S.T.O.P. A method for thinking before you act or react to bullying, or to improve relationships.

S - Stop! Don't react.

T - Think about it. Is it important to do anything or not? If so...

O - Outline a plan to solve the problem.

P - Put your plan into action. Repeat the process until desired outcome is achieved.

Visual Example. A seemingly aggressive dog approaches a rabbit and barks. The rabbit runs and the dog chases after it. The dog approaches a kid with a stick. The kid gets scared and hits the dog with the stick, making the dog more aggressive. Alternately, the kid throws the stick for the dog, who chases it and returns, wagging its tail.

Making the show fun and memorable. Comedy bits, interactive segments and fun songs that assure the kids will take the concepts home with them. A light way to present a heavy subject.