



“Done with Bullying”

Martial Artists Against Bullying (MAAB)

Presented by Kovar Systems



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Martial Artists Against Bullying (MAAB) Workshop Outline

“Done With Bullying”

The purpose of this program is to help children of all ages overcome the negative impact of bullying. This program teaches participants:

- Awareness – How identify predator behavior
- Avoidance – Realistic ways to avoid being a target of bullying
- Assertiveness – How to stop bullying behavior

Research shows that bullying peaks in the 5th, 6th and 7th grades. The goal of this program is to minimize the effects of predatory behavior in grade school and middle school-aged children. This will be accomplished through role playing, small group discussions and empathy training.

The program is broken down in four sessions and can be taught over the course of several classes or during a single 3-4 hour intensive.

- Session I – What is bullying? Why do people do it? Why is it bad to bully others?
- Session II – What should we/shouldn't we do when we see others being bullied?
- Session III – How should you deal with bullying?
- Session IV - Buddying

This program is designed for dealing with school and neighborhood scenarios. Remember that students, especially young students, learn more quickly and retain information longer when they are involved. We can get them involved by having them answer a few well-placed questions,





followed by role-playing. Whenever you ask a question, be sure to give the students time to answer.

It is important that you solicit answers and **get feedback** from your students throughout the workshop. You might have to have some patience or ask the question again in order to draw out the answer you want. Remember the important part it isn't so much the lecture, as it is getting your students to reason through the problem presented until they draw the conclusion you want.

When a student gives you an incorrect or wrong answer, **keep your response positive**. You might say "good try" or "almost" or "you're getting close." If we make our students feel self-conscious or "dumb," they will stop participating and this teaching method becomes ineffective.

SESSION # I Script – What is bullying? Why do people do it? Why is it bad to bully others?

We are going to begin by discussing what bullying is, why it's bad and why people do it.

What is bullying?

I want to begin by asking you what exactly you think bullying is.

Who can tell me what they think bullying is? (*Get feedback*)

If someone disagrees with you, or gets mad at you, does that mean they are a bully? (*Get feedback*)

Not usually. Sometimes people just have disagreements.





If you meet someone for the first time and they say “you’re ugly,” is that bullying? *(Get feedback)*

The answer is no. It is bad manners though. For it to be bullying behavior, it has to be repetitive.

If someone does something that bothers you, but they might not even be aware of it, is it bullying? *(Get feedback)*

Again, the answer is no. For the behavior to be considered bullying, it has to be intentional.

So in order for something to truly be considered bullying, it must be intentional AND repetitive. Without these two words, anything could be labeled as bullying.

Bullying is when someone tries to deliberately hurt other people with words or actions. It is a behavior, not a person. Bullying is mostly psychological and only sometimes physical.

People who bully try to take other people’s power from them. Then they use this imbalance of power to try to harm others by:

- Hurting their feelings
- Publically humiliating them
- Spreading rumors
- Name-calling
- Physically hurting them by hitting, kicking, tripping, or pushing.

What are some other ways people might bully? *(Get feedback)*

Why do people Bully?

Can anyone tell me why they think people bully others? *(Get feedback)*

There are a lot of reasons why people feel the need to bully others. The primary reasons are:





- They are trying to fit in and feel that bullying is the way to do it.
- They are trying to feel like more, by making others feel like less.
- They are being bullied as well.

Can you think of other reasons why people bully? (*Get feedback*)

It is important to remember that people who bully others aren't necessarily bad people. They are probably hurting inside. They probably aren't as happy or confident as they appear to be on the outside, otherwise they wouldn't find it necessary to bully others. Instead of hating them, or trying to get back at them, try to have compassion for them. This is really hard, but it is an important step in helping to solve the problem.

Why is it bad to Bully others?

Can anyone tell me why it is bad to bully others? (*Get feedback*)

Bullying has a negative impact on everyone: the bully, the target, and the bystander. All successful human interaction requires trust and respect. Bullying destroys both.

How would being bullied make you feel? (*Get feedback*)

Being bullied can make you feel like you aren't important. Sometimes you might believe what the bully says about you is true. It can make you very unhappy. Also, being bullied can make it more difficult to have friends.

How do you think someone who bullies really feels about themselves? (*Get feedback*)

Bullying might give you a temporary feeling of power or control, but it doesn't make you happy. It can make it more difficult for you to feel good about yourself. It can interfere with making real friends. When bullying





becomes a habit, the results are usually a miserable, lonely life. A bully rarely has true friends. People who bully others into adulthood often have a hard time keeping a job. They usually have a troubled family life. How do you want to be remembered: as a bully or as a friend? Your actions now will determine how others feel about you later.

How would you feel about yourself if you watched someone being bullied and then didn't do anything to help them? *(Get feedback)*

When you witness bullying and don't do anything about it you are failing to help another in need. Also, when you witness bullying behavior and don't do anything about it, you will probably feel guilty. You also miss a chance to strengthen a friendship or make a new friend. And you lessen the chance to have others come to your aid if and when you need it. The guilt of not sticking up for others can follow you for a lifetime. How do you want to be remembered? Do you want to be remembered as someone who stick up for others and befriended them in their time of need? If so, begin right away because your actions today, tomorrow and beyond will determine this.

Next, we are going to learn the Anti-Bullying Pledge.

Anti-Bullying Pledge

Now we are going to learn the Anti-Bullying Pledge. Please repeat after me:

*I believe everyone has the right to feel safe
I will commit to standing strong against bullying
I will treat others with respect and kindness
I have the compassion to not be a bully
And the courage to not be a bystander
It is my responsibility to help others who are being bullied
And to report bullying when I see it or when it happens to me
I will not stand by. I will stand up*





(Break up the session by getting your students up for a 10-15 minute lesson teaching a basic guarding stance and some basic blocking skills.)

Review

What is bullying? *(Get feedback)*

Bullying is when someone tries to deliberately hurt other people with words or actions. Bullying is mostly psychological and only sometimes physical.

People who bully try to take other people's power from them. Then they use this imbalance of power to try to harm others by:

Why do people bully? *(Get feedback)*

The primary reasons are:

- They are trying to fit in and feel that bullying is the way to do it.
- They are trying to feel like more by making others feel like less.
- They are being bullied as well.

Why is it bad to bully others? *(Get feedback)*

Bullying affects everyone. It has a negative impact on all parties: the bully, the victim, and the bystander.

Anti-Bullying Pledge

Now let's review the Anti-Bullying Pledge one more time. Please repeat after me (one line at a time):





*I believe everyone has the right to feel safe
I will commit to standing strong against bullying
I will treat others with respect and kindness
I have the compassion to not be a bully
And the courage to not be a bystander
It is my responsibility to help others who are being bullied
And to report bullying when I see it or when it happens to me
I will not stand by. I will stand up*

SESSION # 2 Script - What we should and shouldn't do when we see others being bullied

What Bullying Is and Isn't

Let's start by discussing some examples of what bullying is, and what it is not. What is bullying? *(Get feedback)*

Remember, bullying is when someone tries to deliberately hurt other people with words or actions and it is usually repetitive. Bullying is not a onetime disagreement with a friend or classmate.

Is someone bullying you if they look at you funny one time? *(Get feedback)*
No.

Is someone bullying you if they give you a mean look one time? *(Get feedback)*
It wasn't very nice, but it probably wouldn't be considered bullying.

Is someone bullying you if they continue to give you a mean look on a regular basis? *(Get feedback)*
Absolutely.

Is someone bullying you if they cut in line one time? *(Get feedback)*





It wasn't polite but it probably wouldn't be considered bullying if it only happened one time.

Is someone bullying you if they cut in line nearly every day? (*Get feedback*)

Yes, that could definitely be considered bullying

Is someone bullying you if they don't include you in a game? (*Get feedback*)

It wasn't very nice of them, but if it only happens one time then we probably wouldn't call it bullying.

Is someone bullying you if they never include you in a game that you would like to play and they tell you that you can't play in a rude way? (*Get feedback*)

Yes, that would probably be considered bullying.

Is someone bullying you if they argue with you over whose turn it is? (*Get feedback*)

Probably not. Most everyone gets angry and argues from time to time.

Is someone bullying you if they always seem to be mad at you and argue with you over lots of things? (*Get feedback*)

Yes, that could probably be considered bullying.

What are some other example of what bullying is and isn't? (*Get feedback*)

Remember, Bullying is when someone tries to deliberately hurt other people with words or actions and it is usually repetitive.

What you shouldn't do when you see others being bullied

If you see someone being teased or bullied, is it ok to join in? (*Get feedback*)





Why not? *(Get feedback)*

Joining in only gives strength to the bully. Plus, you will probably feel bad about it later.

If you see someone being teased or bullied, is it ok to stand and watch?
(Get feedback)

Why not? *(Get feedback)*

When you stand and watch, you give the bully an audience. Bullying isn't as much fun to do when there is no one watching.

If you see someone being teased or bullied is it ok pretend that you didn't see anything and go on your way? *(Get feedback)*

Why not? *(Get feedback)*

When you look the other way, you empower the bully to continue bullying behavior. Once you and your friends decide to not tolerate bullying and take some action, it won't happen as frequently.

Next, we will talk about things you should do when you see bullying.

What you can do when you see others being bullied

Do you think it is easy to take a stand against bullying? *(Get feedback)*

Absolutely not! It takes a lot of courage. That's why not too many people do it. You see, most kids don't like to see others being bullied, but they are afraid to do anything for fear that they might be bullied or that they might be viewed as a tattletell.

But remember, there is always something that you can do when you see others being bullied. And if more people would take a stand against bullying, we would see a lot less of it. That's why we should try to be an Upstander instead of a Bystander. An Upstander takes action against bullying. A Bystander does nothing.





Let's look at some ways that we can be an Upstander.

1. Get There First

Sometimes we can see things before they happen. For example, you might notice someone who has been bullied being approached by the bully. When this happens, you can use the "get there first" strategy.

Let's pretend that Barry is approaching Johnny with the intention of bullying him, but he is still a long way off. You could walk over to Johnny and say, "Hey Johnny, why don't you come back to the class with me early. I could really use your help with a math problem."

Or, "Hi Johnny, How are you doing? Why don't you join us? We are playing Four Square and could use another player."

2. Step In and Take Charge.

If you see someone being bullied, one thing you can do the "Step In and Take Charge" method. Imagine that you see Barry calling Johnny names in front of a crowd at lunch. You could walk right up to Barry and say, "Barry, you are bullying Johnny by calling him names. Please stop it right now. It's not very nice and nobody likes it."

(Role play with your children playing the various parts. Do it several times and feel free to vary the circumstances if you like.)

3. Distract and Redirect

If you see someone being bullied and you are not comfortable confronting the bully, you can use the "Distract and Redirect" method. Once again, imagine that you see Barry calling Johnny names in front of a crowd at lunch. You could walk up to Barry, pretending like you don't notice what is going on and say, "hi Barry, that is a cool shirt." Then grab Johnny by the





arm, start to walk off and say “hey Johnny, come with me. I have something that I want to show you.”

(Role play with your children playing the various parts. Do it several times and feel free to vary the circumstances if you like)

4. Leave and Report

If you see someone being bullied and you are not comfortable confronting OR interrupting the bully, you can use the “Leave and Report” method. Once again, imagine that you see Barry calling Johnny names in front of a crowd at lunch. You can leave the scene immediately and report it to someone who has the authority to do something about it. “Mrs. Jones, Barry is bullying Johnny in the hall way. Would you please stop him?”

(Role play with your children playing the various parts. Do it several times and feel free to vary the circumstances if you like.)

It is important to understand that you are NOT tattling if you ask for help. Tattling is when your motive is to get someone else in trouble. Reporting is when you let someone who can help you know that you (or another person) are being treated in a disrespectful manner.

Ask an adult for help. Tell them what is happening. No one should have to put up with bullying. Reaching out for help will take the bully’s power away.

(Break up the session by getting your students up for a 10-15 minute lesson, reviewing a basic guarding stance, and basic blocking skills. Then teach a palm strike and a front kick.)





Let's review the four ways to be an Upstander.

Does anyone remember them? (*Get feedback*)

They are:

1. Get There First
2. Step in and Take Charge
3. Distract and Redirect
4. Leave and Report

Now let's review the Anti-Bullying Pledge

*I believe everyone has the right to feel safe
I will commit to standing strong against bullying
I will treat others with respect and kindness
I have the compassion to not be a bully
And the courage to not be a bystander
It is my responsibility to help others who are being bullied
And to report bullying when I see it or when it happens to me
I will not stand by. I will stand up*

Session #3 Script – How should you deal with bullying?

We are going to practice ways to deal with bullying by using “The Five Rules of Personal Safety.” They are:

- Use your mind
- Use your words
- Use your legs
- Ask for help
- Defend yourself





Rule 1-Use Your Mind

Use Your Mind means thinking about all of the things that you can do to stay safe. It means to create safe habits. Tell me what safe habits you have? *(Get feedback)*

Tell me what safe habits should you have? *(Get feedback)*

(The following is a list of possible safe habits they should have.)

1. Always use your seat belt
2. Avoid bullies
3. Look both ways before you cross the street
4. Never dive into water until you know how deep it is
5. Think of ways to make friends with bullies

So, always try to use your mind to create safe habits and stay out of trouble. When it comes to bullying, the easiest way avoid being bullied is to stop it before it ever begins. You can begin this by being aware of your surroundings and avoiding contact with bullies whenever possible. You are NOT a chicken when you avoid a bully. You are smart for doing so.

It is also important that you develop the habit of carrying yourself in a confident manner. You can do this by standing tall and using a strong voice, even when you are afraid. I am going to show you a drill called “Shykid/Superkid. “

When I say “Shykid,” I want you to drop your shoulders, look down at the floor and act really shy. How does that feel? *(Get feedback)*

Not very good right? Not only does it not feel very good, it also makes you look like an easy target.





Now when I say “Superkid”, I want you to stand tall, put your fists on your hips, pull your head back and look proud. How does that feel? (*Get feedback*)

Pretty good, right? (*Repeat several times*)

Not only does it feel better, it also makes you look strong and confident and NOT someone that people want to bully. You may not want to walk around with your hands on your hips like Superman, but you can walk strong and confident.

The value of a polite greeting

Now we are going to talk about the value of a polite greeting. It was once said, “You never get a second chance to make a first impression.” Often, the first impression is made when we are being introduced or are introducing ourselves to someone. Therefore, it is very important to deliberately go out of our way to make our greeting polite. Even if we have met them before, a polite greeting sets the tone for this meeting.

Do you want other people’s impression of you to be:

“That kid is a brat”

“That kid is a wimp”

“That kid is a liar and a cheat”

A polite greeting is important, not only because it shows good manners, but when you look someone in the eye, give them a firm (but not too tight) hand shake and confidently say your name, your behavior says “I’m a nice, honest, trustworthy and confident person, and don’t pick on me.”

Let’s get two volunteers up to demonstrate. One will demonstrate a polite greeting and the other will demonstrate a not-so-polite greeting.

(After the demo, have everyone demonstrate a polite greeting on each other. Mix it up with an attention stance to make it an enjoyable drill.)





So let's practice how to do a polite greeting. Remember to look them straight in the eye, give them a firm handshake (you can also add a high five or a fist bump if you like), and confidently say. "Hi my name is _____."

(For fun, you can have them introduce themselves as their favorite character, such as, "Hi, I'm Batman", or, "Hello, I'm Captain Crunch," etc.)

From now on, I want you to go out of your way to practice your polite greeting every chance you get. In fact, try to be the first one to offer your hand for a handshake!

Rule 2 – Use your words

If you ever find yourself being bullied you often times can use your words to talk your way out of trouble. Everyone say CALM. C-A-L-M "C.A.L.M." stands for: Cool down, Assert yourself, Look the bully in the eye, Mean it.

You can cool down by taking some deep breaths. Let's practice. *(Have them take three deep breaths)*

You can assert yourself by speaking up for yourself in a strong and confident voice. Let's practice. *(Have them say "stop picking on me now" several times.)*

Now let's think of some ways that you can talk your way out of trouble. Does anyone have any ideas how? *(Get feedback)*

Ok, let's pretend that someone bullies you by making fun of your shirt. I need a volunteer to play the part of the bully. Here are some ways you can respond:

(Have the volunteer say...) "Hey kid! That is an ugly shirt. You look like an idiot wearing it!"





Respond with a question

“Why would you say that?” or
“Are you trying to hurt my feelings?” or
“And you tell me that... Why?”

Use “I want” sentences

“I want you to leave me alone”
“I want you to stop picking on me...NOW!”

Agree with them

“Maybe it is ugly, But I like it anyway”

Act Surprised

“Did you really just say that?”

Use Humor

“I am glad you noticed because that is the look I was going for.”

Say Their name

“Bobby, I consider you a friend and would never say that to you!”

Question what they said

“That didn’t make a bit of sense.”

Act confused

“What? What? What?”
‘I’m sorry, what did you say?’”

Act disappointed

“I thought you were my friend.”
“I can’t believe you said that to me. I never expected you to be a bully.”
“Rude.”





(Spend a bit of time role playing with these. Try to give everyone a chance to talk their way out. Have your students come up with other possible scenarios that you can role play with. Remember, we all learn from experience. Helping them have a positive experience in this class will give them more confidence in the real world.)

Rule 3 – Use your legs

If you are unable to talk yourself out of the situation, you try to ignore it and walk away if you can. Just pretend the bully is invisible. Try to look completely unfazed. Or, you can look at something else and laugh as you are walking away. *(Role play with these)*

When your words aren't working and you are feeling really unsafe, the best thing to do is to run. We are going to talk about when to run.

Some people will tell you that running away makes you a chicken. Remember, it's okay to be a chicken... that just means you're afraid. Sometimes, the smartest thing you can do is be afraid and run. There is a difference between being a chicken and being a coward. A chicken just runs away from a dangerous situation. A coward is someone who won't stand up for what they believe in.

When should you run? Any time you are confronted by someone who is being mean to you, who you don't know, and who you will probably never see again. You could be at a park, mall, fair, sport field, etc.

Could you stand your ground and try to talk your way out of a situation? Certainly. And if you were going to see the person again, it would probably be a good idea. But it isn't necessary, because you're not going to see them again. So being safe and running away is a great choice.

Is there another good time to run? Yes! When using your words isn't working and you feel a fight coming on and you feel that you can get away, then get away- RUN if necessary!





Let's practice. I'll be the bad guy. You're at a park playing by yourself.

Bad Guy – “Hey twerp, get over here so I can knock your block off.”
(Have the student practice running away.)

Remember, sometimes it is okay to be a chicken and run.

Rule 4 – Ask for help

It is always good when you can handle your own problems but it is perfectly OK to get help if you need it. Let's say you have tried ignoring the bully. You have tried standing up for yourself, but nothing is working. You are NOT a tattling if you ask for help. Tattling is when your motive is to get someone else in trouble. Reporting is when you let someone who can help you know that you (or another person) are being treated in a disrespectful manner. Most kids don't want to be a tattletale. They are afraid that if they tell a parent or teacher about a bully or troublemaker, other kids will make fun of them. Asking for help in advance might be the solution. Here is how it works.

Let's pretend that there is someone who is constantly teasing you, or threatening to beat you up all the time. Ask to meet with your teacher or yard duty attendant at a time when other kids can't see you. Ask if they can keep an eye out for you and the bully during recess. You can bet that they will keep a close eye on the situation. If they helped you, they did so because they saw what happened, and you don't look like a tattletale.

Remember, you are NOT tattling when you let someone who can help you know that you (or another person) are being treated in a disrespectful manner. You are reporting.

Let's try it. I'll be the teacher and one of you can approach me and ask me for help. It will sound something like this:





Student – “Pardon me, Mr. Smith. I want to report to you that Joey has been picking on me and says he is going to beat me up next recess and I am worried about my safety. Could you keep an eye out for me during recess?”

Remember, it is okay to ask for help. Your safety is important to your parents and teachers, so don't be afraid to tell them what is going on.

Ask an adult for help. Tell them what is happening. No one has the right to pick on you. Reaching out for support will help you keep your power.

(Spend a bit of time role playing this. Try to give everyone a chance. Have your students come up with other possible scenarios that you can role play with. Remember, we all learn from experience. Helping them have a positive experience in this class will give them more confidence in the real world)

Rule 5 – Defend yourself

Let's review “The Five Rules of Personal Safety.” They are:

- Use your mind
- Use your words
- Use your legs
- Ask for help
- Defend yourself

Why do you think “Defend yourself” is the last one? *(Get feedback)*

It is last on the list because we want you to try everything else first. You should try to avoid a physical confrontation if at all possible and only defend yourself as a last resort. But at the same time, it is important to remember that no one has the right to harm you.

We are going to teach you how to defend yourself. Please do not misuse what we are going to show you. It is not to be used on your goldfish, your pet cat or your little sister. Only do this if you have no other choice.





1. Warrior Stance

If you are feeling threatened and think you might be harmed, the first thing you should do is to create a safe distance between you and the aggressor. You can do this by taking a big step back. At the same time bring your hands up into a warrior stance. Make sure to stand sideways with your hands open and in front of you and palms facing the aggressor.

2. Tiger Eyes

Take a deep breath and put a fierce look on your face. Look them right in the eye and show them that you mean business.

3. Lion's Roar

In your most ferocious voice say "Stop picking on me now. You are being a bully and I am not going to put up with it"

4. Power Palms

If the aggressor comes toward you, strike at their face using the palms of your hands with all your power until he stops fighting. Defend yourself with all of your strength and spirit, but stop as soon as the aggressor is subdued.

5. Report Immediately

Quickly leave the scene and tell a responsible adult what happened.

(Role-play extensively on all five of these steps. Make sure that everyone gets a chance to hit thunder paper or a focus paddle. If time permits, you can teach other self-defense techniques. Just remember to keep it simple. The less moves you teach, the more likely they are to be able to apply them in real life.)





Putting it all together with “The Three Times Guideline”

Now that you know the Five Rules of Personal Safety, we are going to learn about “The Three Times Guideline.” This guideline will help you to understand how to use the Five Rules of Personal Safety. It goes like this:

- First time – If it has never happened before; ignore it, let it go, pretend you didn’t hear it.
- Second time – The second time it happens, it's time to use your words.
- Third time – When the words aren’t working; report it to an authority figure.

There are some exceptions to this guideline. For example, if someone punches you, don’t wait for 2 more punches before you defend yourself.

Mix-and-match the five rules of personal safety

Now we are going to put it all together. I will play the part of the bully. I'm going to approach you and talk tough to you. I want you to try to use the things you learned today. Use your mind, use your words, use your legs, and only use physical force if you have no other choice.

Who wants to go first?

(Make sure that everyone has a chance to practice. And more important, makes sure everyone experiences success. The person who plays the aggressor has a very important role. They need to be able to give the appropriate feedback. Every scenario should not end up in a fight. If the student speaks with confidence and is believable, then the aggressor should back off and let them walk on. On the other hand, if the student speaks with a weak voice and is not convincing, the aggressor should continue to taunt that student. Always end with the student escaping to safety and reporting the incident.)

*Consider looking into the work of Bill Kipp and Fast Defense for a more thorough training in this area.





Session #4 Script - Buddying

What can you do instead of bullying?

You can start "Buddying." Buddying is done by practicing acts of kindness. It is the exact opposite of bullying. You see, strength and kindness go together. Truly strong people are kind and they practice buddying all the time.

There are lots of different reasons to practice buddying. To begin with, it is the right thing to do. But it's actually very fun to do as well. You only have to try surprising someone with an act of kindness once to see how good it feels. When you do something nice for someone else, there is a chemical released in your system called serotonin. Serotonin gives you a sense of well-being. It makes you feel good. What is also interesting is that when someone else does something nice for you, their serotonin level also rises. On top of that, when a bystander sees one person doing something nice for someone else, their serotonin level rises. Everyone benefits from buddying.

Can anyone remember how you felt after you did something nice for someone?
(Get feedback)

Pretty good, right?

Can anyone remember how you felt after someone did something nice for you?
(Get feedback)

Also pretty good, right? Buddying is going out of your way to make someone else feel good about themselves.

What are some ways that you can practice buddying? *(Get feedback)*

Those are some good ideas. Here are some more:

You can... let someone else go first

You can... compliment someone for a job well done





You can... ask someone who is sitting alone to join you at lunch

You can... surprise someone with a small gift just because

You can... hold the door open for a classmate

You can... help your teacher keep the class clean

You can... help someone with their homework

You can... ask how someone's day was and then really listen

You can... write a note to a classmate telling them what you like about them

You can... let someone else pick the game you are going to play

What else can you do? (*Get feedback*)

Once you get in the habit of buddying, you will start to see the true power it brings. It is completely different than the false, temporary sense of power that bullying might bring. Buddying is contagious. It starts with you. So the next time you are tempted to bully someone, catch yourself and think... how can I *buddy* them instead? You will be glad you did... and so will they.

Closing (*Gather everyone together in a circle and have them sit down.*)

It has been a long day. You all did great. What do you remember the best about what we did today? (*Get feedback*)

- In Session I, we talked about what bullying is, why people do it and why it is bad to bully others
- In Session II, we talked about what we should and shouldn't do when we see others being bullied
- In Session III, we talked about how we should deal with bullying
- In Session IV, we talked about Buddying





I am so proud of how well you all did today. If we all work together we can put a stop to bullying once and for all. True warriors are NOT bullies, they are Upstanders. Real heroes are NOT bullies, they are Upstanders. Martial arts masters and NOT bullies, they are Upstanders. Great leaders are NOT bullies, they are Upstanders. Don't EVER mistake kindness for weakness. You have to be strong to choose to be kind.

Let's all team up to stop bullying. Repeat after me:

- Be Aware (Look out for bullies)
- Be Brave (Stand up for others when you can)
- Be Confident (Stand tall and assert yourself)
- Be Diligent (Never stop doing the right thing)
- Be Empathetic (Be mindful of other people's feelings)
- Be a friend (It is always better to have friends than enemies)

Let's say the Anti-Bullying Pledge one more time

*I believe everyone has the right to feel safe
I will commit to standing strong against bullying
I will treat others with respect and kindness
I have the compassion to not be a bully
And the courage to not be a bystander
It is my responsibility to help others being bullied
and to report bullying when I see it or when it happens to me
There is always something I can do.
I will not stand by. I will stand up.*





Why Martial Arts?

Express your appreciation to participants who attended. Do not spoil this event with a pushy sales presentation. Your goal today was to empower kids, not to teach an introductory lesson thinly veiled as an anti-bullying workshop. You certainly can let people know that you are available for questions. In that time you can discuss the benefits of long-term martial arts training. Ask existing students for feedback. Invite interested guests to take advantage of your enrollment special.

End the seminar with some healthy refreshments. This will give you some time to meet and greet guests and encourage participation in your regular program.

