HOW CAN WE STOP BULLYING?

WHY IS EVERYBODY ALWAYS PICKING ON ME
By Terrence Webster-Doyle

A GUIDE TO HANDLING BULLIES

WHAT IS A BULLY?

BULLIES ARE PEOPLE WITH PROBLEMS
1. They verbally or physically pick on others.
2. They are hurt, angry, afraid, and frustrated.

Serious consequences can result from being bullied.

THE BULLY HAS MANY FACES

THERE ARE TWO MAIN KINDS OF BULLIES:
1. The Extrovert Bully (Outward)
2. The Introvert Bully (Inward)

THERE ARE MANY TYPES OF BULLIES – SOME EXAMPLES ARE:
The Super Jock Bully
Motto: “I am number one – Yeah, Me!@”

The Preppy Bully
Motto: “I am the elite of society – the upper crust.”

The Movie Star Bully
Motto: “Mirror, mirror on the wall, I’m the fairest of them all.”

The Brain Bully
Motto: “I am smart. Therefore I know better than you!@”

The Rocker Bully
Motto: “Trash it, jam it, freak out Do your own thing! Who cares how it effects anyone else?”

The Hippie Bully
Motto: “Tune in, turn on, drop out. You’re a fool to stay straight!”

The Patriotic Bully
Motto: “Our country, right or wrong. Love it or leave it.”

The Religious Bully
Motto: “There is only one belief worth believing – mine.”

The Financial Whiz Bully
Motto: “When I speak, Wall Street listens. So you better listen too.”

The Whining Kid Bully
Motto: (To Parent) “If you don’t buy me this, I’ll (fill in your own threat).”

There are many different types of bullies, but what they have in common is:

1. They are concerned mainly with their own pleasure rather than thinking about anyone else.
2. They want attention, recognition, power, position and fame, and they are willing to use other people in order to get what they want.
3. They want revenge for hurt feelings they have.
4. They do not have the ability to look at the whole picture, and therefore, are not responsible people.

WHAT KIND OF BULLY ARE YOU?
In order to stop bulling, the first thing you’ll need to do is figure out what kind of bully you are, or how you have been bullied in your life.

**BULLIES IN DISGUISE**

Nowadays, people seem to be out for themselves: “Me First!” “Go for it” “Get what you can!” Many bullies act like polite gentlemen and women. Many have been educated at some of the best colleges, and speak and dress nicely. They are still just plain old bullies. These bullies get what they want by using their minds as a “weapon” to make others afraid of them, instead of using their fists. The best way to deal with these kinds of bullies – or any bully – is to know that you can also use your mind instead of your fists, but in a positive way: to keep yourself from being bullied, or from bullying.

**KID BULLIES BECOME ADULT BULLIES – WE ALL DO IT**

**LET’S TAKE A NEW LOOK**  
**WHY DO BULLIES AND VICTIMS EXIST?**

**THE ROLES WE PLAY**

1. **Conscious**: These roles we take on because we WANT to, meaning that we are aware of them.

Roles like these: teacher, husband, wife, mother, father, athlete, nurse, gang member, cop, principal, artist, etc.

2. **Unconscious**: These are roles we take on without purposely choosing them, meaning that we are not aware of taking them on.

These roles may come from feeling the need to protect ourselves from whatever we feel we need protection from – usually something that has threatened us in a competitive activity. We are afraid.

Example: You may have a fear of taking tests, so you develop the role of “Someone Stupid.” You pretend that you are Someone Stupid as a response to the fear that you will flunk your tests. You say, “Of course I won’t do well on the test. I’m just so stupid.” If you succeed in your role, no one will expect you to do well on the test, and you will be safe.

Fear does this. It has control over us, and can sometimes turn us into “playwrights,” writing scripts for ourselves that make us say and do things that we may not really want to do or say.
If you are afraid that people will take advantage of you, perhaps you take on the role of Bully. As Bully, you control other people, telling THEM what to do, so you don't have to do anything anyone else wants YOU to do.

**THE ROLE MODELS WE HAVE**

This may be what makes us start acting out unconscious roles. What influences our thoughts so that we become a character who is not real – an actor with a mask.

1. Characteristics: Physical attributes and activities. These include how the character looks, walks, talks; what language he/she speaks: the clothes he/she wears.
2. Influences: The mental and psychological make-up of the character. This includes how he/she feels, thinks and acts.

Role models come from: Television, Movies, Performers, Comics, Videos, Books, Parents, Teachers, Community leaders, National Leaders, etc.,

In the Movies or on TV, the bully is always portrayed as “the bad guy,” the one the “heroes” are trying to bring under control. The so-called “heroes,” however, can be just as violent as the “bad guys.”

Every bully, at sometime in his or her life, has been a victim. If you have been the subject of abuse, there’s a good chance you will turn around and dish it out. That’s why some of the “heroes” we see are violent.

**HEROES AND HEROINES**

*Yesterday’s hero like John Wayne is replace by Todays Heroes like Rambo, Rocky, Charlie’s Angels, Chuck Norris, Bruce Lee and Rosa Parks*

**THE WORLD AROUND US**

Why would a person want to bully you? Why would you want to bully someone?

If you can see there are times when you have wanted to bully, or times when you have actually been a bully, then you know that a bully is not necessarily a bad person.

- A. Sometimes we bullies act tough because we’re afraid.
- B. Sometimes we bullies act tough because we’re upset.

When human beings lived in small tribes with little food supply and a scarcity of shelters, fighting to survive may have been necessary. Today, we human creatures try to dominate and control others because we may think we still need to survive.

**HOW CAN WE STOP BULLYING?**
THE FIRST THREE STEPS

1. Take an interest in stopping it.
2. Learn to understand why people bully.
3. Develop nonviolent skills to deal with bullies.

THE SCHOOL OF “NO SWORD”

1. A STORY OF CONFIDENCE
2. USE YOUR HEAD
3. SEE YOURSELF AS A PEACEMAKER

A famous Karate teacher once said: “To subdue the enemy without fighting is the highest skill.” ~ Gichin Funakoshi http://www.gichinfunakoshi.com/

THE DIFFERENCE BETWEEN HEAVEN AND HELL

A young armed arrogant warrior came to see the old wise man. “Oh wise man, tell me the secret of life. What is the difference between Heaven and Hell?

The wise man thought for a moment and said, “You are a stupid fool. How can an idiot like you even begin to understand this? You are far too ignorant.”

On hearing these words, the young warrior became enraged. “I could kill you for what you said.”

He started to draw his sword to kill the wise man when the wise man said, “THAT is Hell!”

On hearing these words, the warrior put back his sword. “That,” spoke the wise man, “is Heaven!”

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Maintaining Respectful Schools – What your School Board Needs To Know