

Living Well

TOTAL WELLNESS FOR THE WHOLE FAMILY

Stop Bullying

You will learn:

- How bullying thrives and fear and silence
- Steps you can take
- Where to get help

Susan stared blindly at the computer. Instead of editing the new layout for the school paper, she was remembering what Anne had posted on her FaceBook wall last night. Her stomach churned as she imagined how many other kids had already read it.

"Susan, you're looking good," James said in his normally upbeat way as he put the printout on her desk. "...But, what's wrong?" he asked as he noticed the tear drifting down her cheek.

She surprised herself by blurting out the whole story ...or, at least, what Anne had been saying in the hall and posting online. James asked a couple of questions but, mostly, just listened.

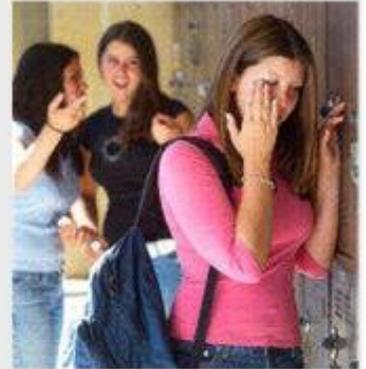
"I know what you mean," he said. "With me it started in the locker room, because my body hasn't developed like some of the older guys. The bullying used to be so bad, I threw up sometimes before leaving the house.

"Used to be....?" Susan hesitated. "...What changed?"

"A couple things. First, I did some research and realized those of us who get bullied outnumber the bullies. Then, I learned a bunch of things, like how my thoughts and my actions could be more powerful than their words."

"What do you mean?" she asked.

From: "...More Powerful than Their Words" - a *Being Your Best Story*



BULLYING THRIVES ON FEAR AND SILENCE

- **If you're being bullied** you can get help—but only if you speak up to friends, family, teachers and others. See the next page for some suggestions
- Bullying hurts. But creating an *Action Plan* and using the *Satisfaction Skills* (see next page) can make it hurt less.

ARE YOU A BY-STANDER?

- What you don't do can be harmful.
- Imagine you are being bullied. How would you want others to react? *Be that person—and be proud of yourself ...and get respect from others!*

ARE YOU A BULLY?

- Maybe you think you're just giving someone what he or she deserves. ...Or you think it's harmless or funny. Well, you're wrong.
- When you're bullying, how do you think others see you? As cool? ...or as cruel?

YOUR THOUGHTS AND YOUR ACTIONS CAN HEAL ANY HURT

Try the suggestions on this page. Soon, you'll see that you have the power to control how much something hurts, and how long the hurt lasts.

Use the Satisfaction Skills

Bullying can be very stressful. But the *Satisfaction Skills* can lessen your stress - and sometimes even stop it. See how they work for you:



- *Awareness* - Use "focusing" to direct your attention to whatever is most helpful... whether it's remembering the past; focusing on something good in the present; or planning for the future
- *Affirmations* - Remember and share the good things about yourself, and your life.
- *Assert* - Speak up and tell your friends, family, teachers and others (even the bullies)
 - how you're feeling;
 - what you're thinking
 - what you want.

See if it's easier to let go of stress after you've been assertive.

Accept - This doesn't mean you give up on making a bad situation better. Instead, it means not dwelling on a problem. Or, maybe, even forgiving someone for his or her bad behavior.

Start Making a Plan

What are the strengths and good things about you and your life? ...How can you use them to help yourself? ...How can you improve what you'd like to change?



Use the *Living Well Action Plan* to deal with the stress of bullying

*Start solving your puzzle. Start making a plan.
Use four steps to stop stress. Use help when you can.*

Make sure you include these "steps" in your plan

- The *Satisfaction Skills* (described above) to speak up, get support and harness the power of your thoughts
- the resources (listed below) to help improve your plan and support it

Use Help

- Visit **www.StopBullying.gov** to learn more and get help
- Call the United Way's "211" phone number to connect with local agencies that can help. Or visit their website at **www.211.org** to find the services you need.

