

BE BULLY-PROOF

Use your whole body

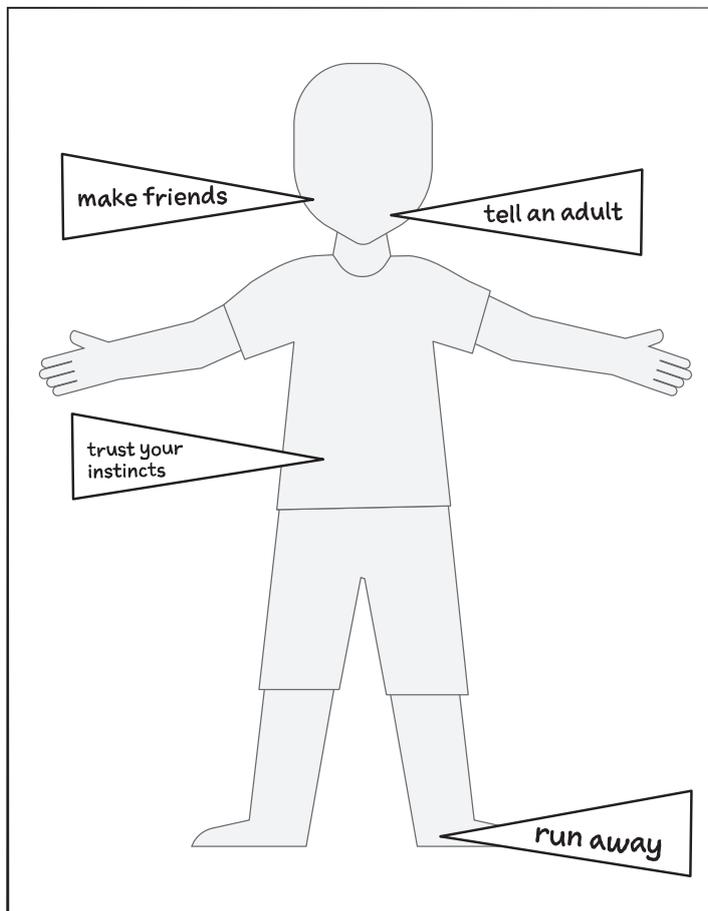
Materials: Worksheets, body outline drawn on chart paper, flags, markers, tape

Directions: Read the worksheet, complete the activity and discuss with the Group.

Have any of you ever been bullied?
Has someone ever made you feel weak, uncomfortable and frightened? What can you do if a bully makes you upset?

When you come face-to-face with a bully, there are many things **you can plan to do using different parts of your body.**

You can make yourself bully-proof!



On your flags, write down a bully-proof plan to use when you meet a bully.

When you're finished, we will take turns saying our bully-proof plan out loud. When it's your turn, read your flag plan and then tape it on the part of the body your plan uses. For example, if you write down, "Run away from the bully," you would use your legs. So, you'd tape the flag on the legs of the body drawing.

After everyone's turn, we will discuss each bully-proof plan and why it's smart to use your whole body to stop bullying.

Here are some more ideas to get you started:

BULLY-PROOF PLANS

- Be confident. (Uses your head.)
- Look at the bully. (Uses your eyes.)
- Tell an adult. (Uses your mouth.)
- Make friends and shake. (Uses your hands.)
- Trust your instincts. (Uses your gut.)
- Stand up tall and straight. (Uses your back.)
- Use your sense of humor. (Uses your brain.)
- When in doubt, shout. (Uses your mouth.)



