Ways To Deal With Bullies

- O Identify your Sore Spots (on back) to heal them so bullies can't use words to hurt you. Ask your parents, pastor or counselor for help to do this, if needed.
- O Walk with power, instead of appearing powerless.
- O Make friends and agree to stick up for each other if someone is picked on.
- O Breathe, stay calm and in control of yourself.
- O Agree with things that might be true.
- Avoid being alone with the bully, stay in groups.
- O Remember that most bullies are trying to feel powerful. Keep your power. Don't let them win. Instead of telling them to stop, tell them that they can say whatever they want and that you can handle it.
- O Write down what they say and who is around.
- O Stand up for yourself. Don't care what they think or say. They will try anything to try to make you feel bad.
- O Tell your parents or teachers what is happening.
- O Ask adults to be around places that are dangerous to catch bullies who are picking on you.
- OTell the bully that you could get in a fight with them, but it's not worth it. Your teacher or parents won't allow it.
- O Believe in yourself. Remember that you can handle it.
- O Ask for help when needed. Friends and adults can help.

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Sore Spots

Circle what are you sensitive, embarrassed, ashamed or nervous about:

ability to dance ethnicity memory ability to draw eyes (or glasses) mom / step-mom ability to sing failed a grade musical ability achievements family in jail music preference acne favorite team name neighborhood age favorite TV show arms fears nose assertiveness feel lonely opinions attitude feel rejected past bad habit(s) feet popularity freckles balance posture being adopted friends reading ability being bossy grades religion being quiet or shy grandparent(s) selfish nature being rich or poor hair sense of humor birth defect / mark handicap size boyfriend/girlfriend handwriting skin color braces health smell or body odor height special needs brother(s) / sister(s) career aspirations hobby speech clothes sports ability honestv cooking ability house strength creativity taste in food intelligence culture interests teeth dad / step-dad legs voice divorced parents looks weight ears/hearing aid math ability writing ability © www.ProgressCards.com

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ability to dance	ethnicity	memory	
ability to draw	eyes (or glasses)	mom / step-mom	
ability to sing	failed a grade	musical ability	
achievements	family in jail	music preference	
acne	favorite team	name	
age	favorite TV show	neighborhood	
arms	fears	nose	
assertiveness	feel lonely	opinions	
attitude	feel rejected	past	
bad habit(s)	feet	popularity	
balance	freckles	posture	
being adopted	friends	reading ability	
being bossy	grades	religion	
being quiet or shy	grandparent(s)	selfish nature	
being rich or poor	hair	sense of humor	
birth defect / mark	handicap	size	
boyfriend/girlfriend	handwriting	skin color	
braces	health	smell or body odor	
brother(s) / sister(s)	height	special needs	
career aspirations	hobby	speech	
clothes	honesty	sports ability	
cooking ability	house	strength	
creativity	intelligence	taste in food	
culture	interests	teeth	
dad / step-dad	legs	voice	
divorced parents	looks	weight	
ears/hearing aid	math ability	writing ability	
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Sore Spots

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ears/hearing aid	math ability	weight writing ability	
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