

Instructor Weekly Messages

1. AVOID

Spotting the Bully

FACE (angry, bossy, frowning, hard, mean, cold)

BODY (shake fists, finger, hands on hips, arms crossed, legs spread apart, chest out)

LANGUAGE (Hurtful, mean, frighten, embarrass, tease, attitude I'm better than everyone)

BEHAVIOUR (violent, threats, throws weight around)

BULLIES

verbally, physically pick on others
they are hurt, angry, afraid, frustrated
selfish – own pleasure
want attention, fame, importance
want revenge for their feelings
not responsible for their actions
feel sorry for the bully

Communication - Victim / Victor

Unconfident person

head down
slouch shoulders
hunched over
no eye contact
day dreaming
appears weak

Confident Person

back straight
eye contact
head high
shoulders back
aware/alert

F.I.T.M.I PRINCIPLE (fake it (confidence) till you make it)

Don't overdo it!

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2. BE CALM AND BREATHE

*how you feel when bullied
10 count
help us to think clearly*

3. COMMUNICATE WITH CONFIDENCE

*Self Defence Stance
Dumb Distance/Stupid Stance
Role play*

4. DON'T PUT YOURSELF IN A WORSE SITUATION

*Be aggressive back
Make fun of bully*

5. ENVIRONMENT

*Avoid bully
Play where someone is around
Stay with friends*

6. SHOUT FIRE

Instead of help to attract attention

7. GET AWAY FAST

Run