

PROUD TO BE ME





BOBBY? I THINK I'VE HEARD OF HIM BEFORE. HE LIKES TO PICK ON KIDS. HE'S NOT VERY NICE.

HE'S SUCH A BULLY!



IT'S NOT A GOOD IDEA TO CALL PEOPLE THAT, SOFIA. HE MIGHT NOT BE NICE, BUT CALLING HIM A BULLY IS A WHOLE DIFFERENT STORY. YOU SHOULD NEVER CALL ANYONE A BULLY OR A VICTIM BECAUSE THAT'S NOT WHO THEY ARE, IT IS ONLY HOW THEY ACT.



HEY GUYS, WHAT'S GOING ON?

ADRIAN IS TALKING ABOUT A KID WHO BUGS HIM AT SOCCER PRACTICE.

MAYBE IT'S MY FAULT BECAUSE I PROBABLY LOOK SILLY WITH THIS HAIR.



ADRIAN, IT'S NOT YOUR FAULT THAT THIS KID IS BOTHERING YOU. IT'S OKAY TO BE DIFFERENT, THAT'S WHAT MAKES YOU SO SPECIAL. NO ONE SHOULD MAKE YOU FEEL BAD ABOUT BEING YOURSELF.

YOU'RE THE BEST SOCCER PLAYER ON THE TEAM...

MAYBE BOBBY DOESN'T LIKE IT THAT YOU PLAY BETTER THEN HE DOES.



IT DOESN'T MATTER WHY HE DOES IT; IT'S STILL NOT OKAY. I'M SURE THAT IF HE ASKED YOU TO TEACH HIM STUFF ABOUT SOCCER NICELY, YOU'D BE HAPPY TO HELP HIM.

SO WHAT DO I DO? I AM SO UPSET THAT I DON'T EVEN WANT TO PLAY ANYMORE; I'M SCARED THAT OTHER KIDS WILL MAKE FUN OF ME TOO.

HAVE YOU ASKED HIM TO STOP?

NOT REALLY BECAUSE I THOUGHT HE WAS JUST PLAYING AROUND, BUT NOW I'M CONFUSED. LATELY I CAN'T PLAY SOCCER WITH HIM BECAUSE HE TRIES TO PUSH ME LIKE IT WAS AN ACCIDENT, BUT I'M THINKING HE REALLY DOES IT ON PURPOSE.



NO, I DON'T WANT TO MAKE A BIG DEAL ABOUT IT. I'M JUST GOING TO CUT MY HAIR AND IT WILL BE OVER.

WOA!
NO WAY
ADRIAN!



THAT EVENING ...

HONEY WHAT'S WRONG? YOU HAVEN'T TOUCHED YOUR FOOD.

NOTHING.



SWEETIE I'M YOUR MOM, YOU CAN TELL ME ANYTHING. WHATEVER IT IS, I PROMISE I WON'T GET MAD.

THERE'S THIS KID WHO IS TEASING ME AT SOCCER PRACTICE AND I JUST DON'T KNOW WHAT TO DO. MY FRIENDS TELL ME HE'S BULLYING ME, BUT I'M NOT SURE.





TELLING ME IS A GOOD START. DO YOU THINK IT'S TEASING OR BULLYING?

I DON'T KNOW.

IF YOU SAY YES TO ONE OR MORE OF THESE QUESTIONS, THEN IT'S BULLYING:

DO THEY MAKE FUN OF YOU ALL THE TIME AND ON PURPOSE?

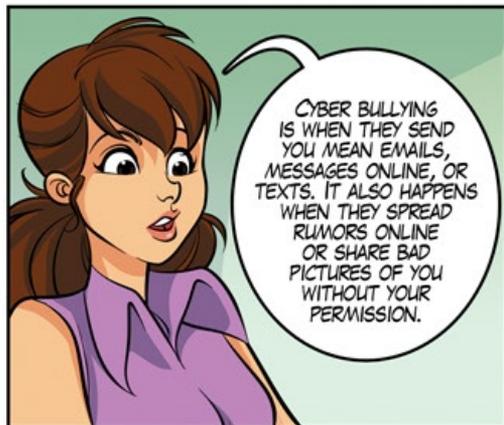
DOES IT MAKE YOU VERY UNCOMFORTABLE TO BE AROUND THEM ALL THE TIME?

DO THEY TAKE YOUR THINGS OR OFTEN HIT OR BUMP INTO YOU?

DO THEY THREATEN YOU OR SEND MEAN MESSAGES OR CYBER BULLY YOU?

YEAH, THAT DOES SOUND LIKE WHAT'S HAPPENING.

WELL, EXCEPT FOR THE CYBER BULLYING. WHAT'S THAT ANYWAYS?



CYBER BULLYING IS WHEN THEY SEND YOU MEAN EMAILS, MESSAGES ONLINE, OR TEXTS. IT ALSO HAPPENS WHEN THEY SPREAD RUMORS ONLINE OR SHARE BAD PICTURES OF YOU WITHOUT YOUR PERMISSION.



OH, I SEE HOW THAT CAN BE HURTFUL. SO WHAT DO I DO NOW, MOM?

WHAT IF I RUN INTO THIS KID AND HE STARTS BOTHERING ME AGAIN? I DON'T KNOW IF I CAN FACE HIM. I'M KIND OF AFRAID OF HIM.



WHY? YOU HAVE ALWAYS BEEN SO FEARLESS AND HAPPY, AND YOU HAVE A LOT OF GOOD FRIENDS.



ALL YOU NEED TO DO IS IGNORE THIS KID, ASK HIM TO STOP, AND WALK AWAY.



DON'T SHOW YOUR FEELINGS AND DON'T BULLY BACK. HE PROBABLY WON'T BUG YOU IF YOU'RE WITH YOUR FRIENDS, SO STAY WITH THEM WHEN YOU CAN.

TRY TO STAY AWAY FROM THE KID THAT BULLIES. BUT IN CASE YOU DO HAVE A RUN-IN WITH HIM WHEN YOU'RE ALONE, STAND TALL, BE BRAVE, AND SAY, "STOP IT!" IN A LOUD VOICE. THEN WALK AWAY TO A PLACE WHERE YOU FEEL SAFE.



THERE WILL BE TIMES WHEN HE MIGHT SAY SOME THINGS THAT ARE HURTFUL AND MAKE YOU FEEL REALLY SAD, SO TRY TO DO THINGS THAT MAKE YOU FEEL GOOD ABOUT YOURSELF LIKE READING OR DRAWING.

I'M REALLY GOOD AT DRAWING AND IT DOES HELP ME FEEL BETTER.

WHEN I WAS A LITTLE GIRL THESE KIND OF THINGS HAPPENED TO ME TOO. MY TEACHER AND PARENTS HELPED ME THROUGH IT, AND TAUGHT ME HOW TO DEFEND MYSELF FROM THOSE KIDS THAT WERE BOTHERING ME.



DEFEND YOURSELF, LIKE HITTING THEM?



NO, THAT ONLY MAKES THINGS EVEN WORSE AND YOU OR THE OTHER KID CAN GET HURT. I MEANT DEFEND MYSELF USING KIND AND BOLD WORDS.

SO... SHOULD I TELL MY TEACHER?



YES! PLEASE DO. YOU SHOULD ALWAYS TELL AN ADULT YOU TRUST- LIKE ME. I THINK YOU'RE READY TO FACE ANY KID WHO TRIES TO BULLY YOU.

THANKS MOM. I'M SO GLAD I TOLD YOU. I FEEL MUCH BETTER NOW.



BOBBY, THAT'S ENOUGH! YOU ARE NOT GOING TO HURT ME OR ANYONE ELSE.

AH, LOOK IT'S THE HAIRY KID.

YES! AND I LIKE MY HAIR! IT'S COOL. I AM NOT AFRAID OF YOU ANYMORE! I'M PROUD TO BE ME, AND AM STANDING UP FOR MYSELF!

GUYS, YOU HAVE TO STAND UP FOR YOURSELVES AND YOUR FRIENDS! JUST WATCHING AND DOING NOTHING ABOUT IT MAKES THINGS WORSE.

IF WE DON'T STOP THIS, HE WILL KEEP DOING IT AND SOMEDAY MAYBE HE WILL DO IT TO YOU TOO.

WHEN YOU ARE BEING BULLIED, BEING AFRAID DOESN'T HELP!

BOBBY!

CAN YOU PLEASE COME HERE FOR A MOMENT?

MINUTES LATER, AT MS. PEREZ'S OFFICE...

BOBBY, I'M NOT SURE WHY YOU DO THIS TO YOUR FRIENDS. DO YOU THINK YOU ARE BETTER JUST BECAUSE YOU MAKE THEM FEEL BAD ABOUT THEMSELVES?

IF YOU KEEP DOING THIS NO ONE WILL WANT TO PLAY WITH YOU.

BUT I'M NOT DOING ANYTHING.

I'VE HAD A COUPLE OF KIDS COME TO ME SAYING THAT YOU ARE NOT BEING A GOOD AND RESPECTFUL FRIEND. YOU DON'T HAVE TO ACT THIS WAY. YOU'RE NOT A BAD PERSON, AND I'M SURE THAT IF YOU TRIED TO BE NICE YOU COULD HAVE A LOT OF FRIENDS.

WHEN YOU BULLY OTHER KIDS, IT HURTS EVERYONE. IT MAKES THEM SAD, AND THEY AVOID THEIR FRIENDS, PARENTS, AND EVEN SCHOOL ACTIVITIES. THEY WANT TO BE BY THEMSELVES AND THE OTHER KIDS DON'T GET A CHANCE TO KNOW THEM.

I DON'T KNOW HOW TO BE GOOD AND I JUST GET ANGRY.

I THINK THE FIRST THING YOU SHOULD DO IS APOLOGIZE, THEN START TO GET TO KNOW YOUR FRIENDS.



NOW, IF YOU GET UPSET... TAKE A BREAK, BREATHE SLOWLY, THINK OF SOMETHING THAT MAKES YOU HAPPY, AND COME BACK TO TALK THINGS OVER WITHOUT HURTING ANYONE'S FEELINGS.



I GUESS I CAN TRY THAT.



MINUTES LATER...

I'M REALLY SORRY IF I HURT YOU. I WANT TO GET TO KNOW YOU AND HOPEFULLY WE CAN BE FRIENDS ONE DAY.

SURE BOBBY, WANT TO GO PLAY SOCCER?



REALLY? I THOUGHT YOU DIDN'T LIKE ME.

YOU NEVER ASKED.



DO YOU HAVE A FRIEND YOU CAN MAKE HAPPY TODAY?

WHY NOT TRY TO MEET NEW KIDS AND TEACH THEM ABOUT BEING A GOOD FRIEND?



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