

Bully-Proof Your Child At Home

A 12-Step Program for Parents
To Help Your Child Resolve Conflict Peacefully

Ages 9-14



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based on the
Education for Peace Series books
by Dr. Terrence Webster-Doyle

STEP 1.

What Is a Bully?

1. How can you recognize a bully?

When you think of a “bully,” what’s the first image that comes to mind? Is it someone on TV? Someone you saw in a movie? Someone you see every day?

- A bully is usually not a happy person, not someone who smiles or is easy to get along with.
- A bully tends to act mean and angry much of the time and says things that frighten people, or hurt their feelings, like “Shut up!” or “Do what I say!” or “You’re stupid!”
- When we run into a bully, we tend to **react**. We may get scared and freeze, we may want to give in or run away, fight with the bully, or cry.

2. A bully is someone with a problem.

- When we run into a bully, we are concerned about ourselves and our safety and we rarely stop for a moment to think about the bully. That’s normal.
- If we do stop and think, however, we realize that a bully is someone with a problem. He or she is not happy, and there’s probably reason for that. The bully may have had a bad day, a bad week, a bad year.
- Bullies become bullies, probably because someone once bullied *them!*

STEP 2.

Am I a Bully?

1. How can you recognize if YOU are a bully?