

# **Bully-Proof Your Child At Home**

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

Ages 9-14



by  
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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?

The first thing running through your mind may be, “Me? I’ve never been a bully! I know lots of people who are bullies, but I’m not one of them!”

- ❑ If you think a bit longer and harder, you may recall one time — maybe more than one time — when you acted in a bully-like way.
- ❑ Perhaps you bossed your kids around, or shouted at a significant person in your life. Perhaps you needed to control a situation, and you bullied everyone else into doing things your way.
- ❑ Sound familiar? You didn’t mean to be a bully — but you were.

**2. At one time or another, we ALL are bullies.**

- ❑ Some of us bully quietly, and some of us bully loudly. But at one time or another, we all are bullies.
- ❑ The thing to understand is that all of us bully for a reason: We’re tired, frustrated or disappointed. We can’t get what we want; we can’t reach someone or something we’d like to reach. There are so many possible reasons — and they all matter.

**3. By learning Mental Self-Defense™, you and your children can avoid the conflict that arises from bullying.**

- ❑ Mental Self-Defense™ uses the strongest “muscle” in the body, the most powerful weapon we own — our brain.
- ❑ Our brain knows that the smartest way to fight a bully is to find a way to NOT fight the bully.
- ❑ One way to NOT fight a bully is to understand the bully. When we look at how WE ourselves have been bullies, we can better understand what makes a person a bully.

### **STEP 3.**

## **How Does Bullying Begin?**

### **1. Words are powerful weapons.**

- A parent — a tired, hard-working parent — says, in frustration, to a child, “You’re grounded. No TV for seven days!”
- Your child accidentally knocks down someone’s bike. The owner says, “You stupid fool! Look at what you’ve done!”
- A big kid on the playground approaches you and says, “Give me your lunch money — or else!”

### **2. Sometimes we use words to get control of a situation.**

- When we feel out of control, we sometimes make demands so that we can feel in control again.
- One person attempts to control another — by shouting, by making demands.
- The person who shouts or gets angry is experiencing some inner conflict. Instead of trying to stop that conflict inside him or her, that person bullies another person, creating even more conflict — this time, between both of them.

### **3. What causes us to want that control is fear.**

- Everyone’s afraid of something. When we’re bullied, we get scared.
- We may be scared of getting physically hurt, or of looking foolish, or scared of our friends thinking we’re weak or helpless.
- If you’ve ever been bullied, you can understand your child’s feelings of inadequacy. Once you understand, you can help!

## **STEP 4.**

# **How Do I Know If My Child Is Being Bullied?**

### **1. Violence and aggression are rampant in our society.**

- Bullying is often ignored by both parents and teachers as a serious problem. We think, “Oh, he’ll find a way to work it out,” or “She’ll get over it after summer vacation.”
- A 1994 survey of 204 middle and high school students in several Midwestern communities indicated that 75% of those surveyed said that they had been bullied — and it’s increasing in seriousness.

### **2. One way to know is to ask.**

- Nothing works like direct communication. Here are some sample questions you can ask your child — but you have to stop and really listen to the answers:
  1. Do you ever feel left out, here at home or at school?
  2. Why do you feel that way?
  3. Do you ever get the feeling other people don’t like you?
  4. What makes you feel that way?
  5. Do you think the person who made you feel that way may be trying to make you feel bad, because he/she feels bad?
  6. What do you think you could say to that bully that would make a difference in how she/he treats you?
  7. Do you ever stop to think that you have a choice in how you handle someone like that bully?
- What matters are two things: That you and your child are communicating, and that your child is using his or her brain to consider some alternative actions that will make your child feel more confident.

## **STEP 5.**

# **How Do I Know If My Child Is a Bully?**

### **1. Violence and aggression are taught on TV, in the movies, and in combative homes.**

- In this busy world, there never seems to be enough time to tend properly to the people closest to us. Have you ever noticed if your child tends to be a loner, to be aggressive or angry—a lot? Can you guess why?
- Television, movies and combative home environments encourage children to be aggressive and violent. Some children come to believe that they are “not good enough,” or “not smart enough.”

### **2. Questions you can ask your child.**

- Here are questions you can ask to help you determine whether or not your child might be a bully:
  1. Have I ever made you feel that you're not wanted, or not important enough to listen to?
  2. Have you ever made someone else feel unwanted?
  3. Why do you think you did that?
  4. Do you know how much it hurts to feel left out?
  5. Is that why you do it? Are you getting back at someone?
  6. Are you getting back at me? Did I do something?
  7. Do you ever stop to think that you have a choice in how you act with people?

### **3. Bullying sets a pattern for adult life.**

- Bullying not only affects kids' lives, but sets a pattern for adult life.
- A child who's been taught to bully and has enjoyed the effects of bullying is going to be an adult bully. The pattern sets.

## STEP 6.

# What Are the Effects of Bullying?

### 1. **Being bullied can be frightening and harmful, both physically and mentally.**

- Situations that frighten us when we're very young stay with us throughout our lives.
- Bullying can keep children from learning how to relate to others around them.
- Being a bully can set a negative approach to life that affects a person's relationships, preventing the development of a healthy, positive life.

### 2. **Bullying can have devastating consequences.**

- Children who are bullied learn to run away from frightening situations rather than how to deal with them. They learn to fight rather than to work through an argument.
- Children who are bullied — especially those who are bullied on an ongoing basis — take on negative beliefs about themselves, and about others, that linger throughout their lives.
- Worse, some victims of bullies have felt so bad that they've taken their own lives. There are *hundreds* of examples of young children who could no longer tolerate their classmates picking on them, and found death the only way out.
- What appears to be insignificant teasing to us can be devastating to a young person.

## STEP 7.

# What Can a Parent of a Young Child (Ages 5 - 8) Do About Bullying?

### 1. Parents can separate fact from fiction.

- Some people believe that if a bully is bigger or physically stronger, we don't stand a chance of getting away from that bully.
- The truth is that we *can* get away from a bully — no matter what size or strength — and we *can* stop that bully from hurting us. Best of all, we can do it without fighting.
- By learning how to be AWARE of a bully — how the bully looks and what the bully says — and by learning how to TALK with a bully, we can learn to stop a fight BEFORE that fight ever happens.

### 2. Parents recognize a bully's characteristics and help their children recognize them, too.

- A bully can be young or old, rich or poor, educated or ignorant, male or female. Bullies come in all shapes, sizes, ages and nationalities.
- What all bullies have in common is that they are hurt, angry, afraid and frustrated, and they verbally or physically pick on other people

### 3. Parents can teach kids the three P's and play games that help learn the art of Mental Self-Defense™

- Your children are very young, but not too young to learn some basic concepts about taking care of themselves.
- The art of Mental Self-Defense™ is simple, and can be learned by children as young as 5 through 8 years.
- The three P's — Prevent, Prepare, Protect — are three ways for your children to defend themselves if they are ever approached or attacked by a bully.

- ▲ **PREVENT** — We can prevent a fight when we are AWARE of a bully before he or she is aware of us. We look at how the bully looks, and what the bully says.

*Example: I walk down the street and notice, in the distance, a tall kid coming my way. He's hitting bushes with a stick, slapping kids on the shoulder, and shouting angry words at them. I'm AWARE that this bully is walking toward me.*

- ▲ **PREPARE** — We can prevent a fight when we learn to TALK our way out of a fight BEFORE it happens. We can stop a bully from hurting us, without hurting the bully. Here are six simple ways to do that. We call them Bully Buster Bamboozles™:

1. **Ignore the bully!** Let the bully shout at you. Ignore the bully as if he/she weren't there. Go on your way.
2. **Agree with the bully!** When the bully passes, say, "Yeah, you're right about that!" Wave and keep walking.
3. **Be nice to the bully!** Tell the bully you're ticked off, too. Tell him you understand that the world is in a mess, and both of you deserve to be angry. Then, keep walking.
4. **Walk away from the bully!** Cross the street when you see the bully coming. Say nothing. Keep walking.
5. **Refuse to fight!** Just say no! "I'm not going to fight you. I don't want either of us to get hurt."
6. **Call for help!** Call an adult nearby. Call the police. Get other kids to help you find more help. Or yell, "Help!" as loud as you can.

- ▲ **PROTECT** — We can stop a bully from hurting us by getting out of the way — by learning martial arts physical self-defense skills.

**By combining physical self-defense skills  
with mental self-defense skills,  
we can STOP a fight BEFORE it starts!**

## Six Smart Ways To Resolve Conflict Peacefully



1. **Ignore the bully.** Listen to the threats, but don't react. Tell yourself that you don't have to get back at the bully. Ignore the threats!
2. **Agree with the bully.** If the bully calls you names, agree! Let the insults go — don't fight back.
3. **Be nice to the bully.** Treat the bully as a friend instead of an enemy. You can turn a threatening situation into a friendly one.
4. **Walk away.** Don't get into it — just walk away. This takes the wind out of the bully's sails!
5. **Refuse to fight.** The winner of a fight is the one who prevents it. Stick up for yourself. Just say no to fighting.
6. **Call for help.** Call a teacher, a friendly adult, a police officer — anyone who can help you stop a fight before it happens!

### **A Game You Can Play: Ignore the Bully!**

Ask your kids to close their eyes. Warn them that you're going to shout angry words at them. Tell them you'd like them to practice thinking peaceful thoughts while someone is yelling at them. Ask them to practice taking a deep breath when you shout at them.

Then, shout angry words — as angrily as you can. Afterward, ask them to open their eyes. Ask them: Were you scared? Do you think it's good to do an exercise like this? Why?

## **STEP 8.**

### **What Can a Parent of an Older Child (Ages 9 - 12) Do About Bullying?**

#### **1. Parents can practice the art of *Mental Self-Defense™* with their children — make it a fun activity for the family.**

- Helping your children to prepare to deal with a bully can be fun as well as instructive.
- As with anything new, practice makes perfect.
- It's good to help your children understand:
  - ▲ Power is not based on physical strength or the ability to dominate other people.
  - ▲ Power is not the ability to win or to know more than other people.
  - ▲ A powerful person is one who understands defeat.
  - ▲ A powerful person is one who wants to learn.
  - ▲ A powerful person is one who can understand him- or herself and has the desire to understand others.

#### **2. Parents can help their children learn twelve basic ways to walk away with confidence — without fighting.**

- The following twelve ways include the six used for the younger children, plus six more that require a slightly more developed child.
- Here are the twelve ways, with examples for each.

# 12 Smart Ways To Walk Away with Confidence™



1. **Make friends.** Treat the bully as a friend — instead of an enemy.
2. **Use humor.** You can turn a threatening situation into a funny one.
3. **Walk away.** Don't get into it — just walk away.
4. **Use your creative imagination.** Use your imagination to cleverly resolve conflict.
5. **Agree with the bully.** Let insults go — don't fight back.
6. **Refuse to fight.** The winner of a fight is the one who prevents it.
7. **Stand up to bully.** Stick up for yourself. Just say NO! to bullying.
8. **Scream/yell.** A powerful shout can end conflict — before it starts.
9. **Ignore the threat.** Be like bamboo — bend in the wind.
10. **Use authority.** Call a proper authority to help you defeat the bully.
11. **Reason with bully.** Use the most powerful tool you have — your brain.
12. **Take a stance.** Be a victor — not a victim.

# 12 Smart Ways to Walk Away With Confidence™

**1. Make Friends.** Bullies become bullies because they were once bullied themselves. There isn't a bully alive who doesn't need admiration and respect. Think up a way to befriend that bully. When a bully is about to approach you, face your fear and ask the bully for help. Say something, like:

**Example:** "Hey, would you show me how to play basketball? I've seen you play, and you're awesome. I'm too short to play. Could I ever get a ball in the basket? You're so good, I'll bet you could show me how. Could you? I mean, it would be a huge honor for me, man."

**2. Use Humor.** Make the bully laugh. Throw the bully off guard. Make fun — but don't make *fun of* the bully. Turn a threatening situation into a funny one.

**Example:** "You want to see some wild karate chops? Watch me!" Do martial arts moves, but make them look awkward and funny. The point is to stop the bully from thinking about hurting you, and turning the bully's head so that he or she is focused on something else.

**3. Use Cleverness.** Use your creative imagination to resolve the conflict. You can make the bully look in another direction while you run away. The goal is to stop this fight before it starts, in any way you can. Running away is a good way. When a bully threatens to touch you in some way, you can say:

**Example:** "Hey, don't! Don't touch me! I've got poison oak. You could get it too!"

**4. Walk Away.** Don't get into it. Walk away. This is a simple and often overlooked way to end conflict before it ever begins. No matter what the bully says, keep walking. Concentrate only on walking. Never turn your back. Keep your eye on the bully to make sure you don't get hit from behind. Then, just walk away. There's nothing cowardly about walking away from a bully. It's a simple way to end conflict before it begins — which is your number-one goal.

**5. Agree With Bully.** If a bully insults you, agree with him/her. There's nothing cowardly about trying to make the bully feel more calm. By agreeing with the bully, you take the wind out of his or her sails. By agreeing, there is no fight — and that's your number-one goal.

**Example:** "You're absolutely right! I'm stupid! I'm weak! I'm not strong enough to fight you. You're right! So, I'm heading out of here. See ya'." Then move away, quickly.

**6. Refuse To Fight.** This may sound contrary to what you've always heard, but one way to stop conflict is to not fight, no matter what happens. Just say "NO!"

**Example:** "You can say anything you want to say, but I'm not going to fight. I don't fight — I don't fight people bigger than me, or smaller than me. I just don't fight. I'm not going to do it. NO!"

**7. Stand Up To The Bully.** When a bully threatens you, stand up to the bully — face to face. This can work, but it can also make some bullies angrier. You must decide if you think this alternative will work for you. If the bully gets angrier, try something else. But say, with as much conviction as you can:

**Example:** "Okay, I've had enough of this. I am NOT going to let you bully me anymore. This is the last time, do you UNDERSTAND ME?"

**8. Scream/Yell.** A good shout or yell (kiai or "ki-yop") can shock and distract the bully for a moment, giving you time to get away. Develop your shout or yell. Learn how to deliver one from deep inside yourself.

**Example:** "Yyyyyyyyyyyyyyaaaaaahhhhhhhhhhh"! (as loud as you can).

**9. Ignore The Threats.** This is similar to simply walking away. You hear the threats and you walk away from the bully, keeping your eye on the bully, even though the bully is calling you a coward and trying to get you angry enough to react.

**10. Use Authority.** Call a teacher, a police officer, a parent, or someone you know who can help stop the bully from hurting you. This is not being a "stool pigeon." This is finding a way to stop a fight.

**Example:** "Officer! Come quick! This kid is getting ready to beat up on me! Make the kid stop! Please! Hurry!"

**11. Reason With The Bully.** If you're a good talker, you and the bully can talk it out. If you don't argue or get angry, if you act friendly, you might convince the bully to not hurt you.

**Example:** "Pat, why do you keep doing this? You're wasting your time bullying other kids when you could be playing football or something. I've heard you play and you are good. You ought to be tossing a football instead of insults."

**12. Take A Martial Arts Stance.** As a last resort, take a strong martial arts stance. This tells the bully that you are prepared to protect yourself if you are attacked. But hopefully, one or more of the first eleven ways will work, and you won't have to use your physical skills.

## STEP 9.

# What Physical Skills Can I Show My Children to Protect Them? \*

### 1. Bully Buster™ Blockers

- ❑ A “blocker” is a long, soft shaft, a little over three feet long, made of styrofoam. You can hit a person with a blocker — and it won’t hurt. (Nevertheless, it’s always wise to not use *too* much force with a blocker.) We use blockers in our martial arts practice to help children learn how to protect themselves from anyone who might attack them.
- ❑ You can use a “blocker” — at home with your kids — in three ways:
  - ▲ **Duck.** This exercise teaches your child to “duck” if attacked by someone with a stick or someone trying to throw a “round-house” punch. You can practice “attacking” your child by sweeping the blocker horizontally toward the child’s head so the child has to duck underneath the blocker. Your child will then practice “bobbing,” which is bending the knees and coming up, but looking at you (the “attacker”) at the same time. You will be moving the blocker straight across, in a sweeping movement, as your child “bobs” but keeps an eye on you.
  - ▲ **Dodge.** You, the “attacker,” go straight at your child with the blocker, aiming to “poke” your child as if the blocker were a sword, extending your arm straight out. Your child steps back with his or her right or left foot. Or, he or she steps to the side. This movement is called “oblique” in the martial arts.
  - ▲ **Block.** A block stops a bully from hurting us without hurting the bully. To practice using this technique, approach your child putting the blocker straight over your child’s head, as if you were attacking your child with a stick. Your child then raises his or her arms above the head, on an angle, to protect him- or herself from being hit by the block.

**\*Please note:** *Work with your child’s martial arts school in this area, to make sure both you and the school are teaching the same thing.*

## STEP 10.

# How Can Mental Self-Defense™ Help My Child?

## 1. The Highest Goal of the Martial Artist

- ❑ The highest goal of the martial artist is to STOP a fight, before it begins. That means:

**STOP** a fight that's brewing inside of you before you do something you regret.

**STOP** yourself from lashing out at someone else, or punching or striking someone else, before someone gets hurt.

**STOP** a bully from attacking you — any way you can.

- ❑ By learning **Mental Self-Defense™** — your children use the most powerful weapon in their possession — their brain — and develop the skills to prevent a fight with a bully.

## 2. Physical Skills Are Not Enough

- ❑ The martial arts — as shown on television, in films, newspapers and magazines — is often viewed by the media to be a training ground for human lethal fighting machines who practice an “eye-for-an-eye” approach to resolving conflict.
- ❑ This media-driven approach deals with conflict only **after** it becomes a physical confrontation. The viewer or reader learns nothing about how to Prevent, Prepare or Protect.
- ❑ When we teach our children **only** physical self-defense skills, we do the same thing — we teach them to deal with conflict **after** it has already begun. At that point, it's too late to stop a fight, too late to think on your feet, too late to Prevent or Prepare.

### 3. The Art of Mental Self-Defense™

- ❑ The highest goal of the martial artist is to stop conflict **before** it starts — to **avoid** and therefore **prevent** it.
- ❑ We learn physical self-defense skills to feel strong, to feel self-assured, to feel confident enough to **not** fight. Physical defense skills are a final resort — we use them, if necessary. We use them when we have no other way.
- ❑ A balanced instruction of the martial arts includes **Mental Self-Defense™** skills as well as physical ones.

**We combine the power of muscle  
with the power of intelligence  
for a balance between brute force and reason.**

- ❑ Learning **Mental Self-Defense™** young people learn how to avoid conflict by employing a collection of nonviolent alternatives.
- ❑ Instead of resorting to brute force, and possibly getting physically hurt (by fighting) or emotionally hurt (by running away or not “winning”) — your child combines brain and brawn for the most powerful line of self-defense in existence.

### 4. What's in It for You and Your Child

Read the following headlines, which are only three out of hundreds, and you'll understand why helping your child develop a sense of self-worth and self-confidence is essential today:

- ❑ *The Washington Post*  
**School Reeling After Taunted Boy Strikes Back: DeKalb, Mo.** (AP) — Counselors were called in to help students cope today with the memories of a 12-year-old boy, often taunted as “Chubby,” pulling a gun from a bag, fatally wounding a classmate and killing himself.
- ❑ *The New York Times*  
**The Bully: New Research Depicts a Paranoid, Life-long Loser**
- ❑ *News Chronicle, Thousand Oaks, California*  
**What Can We Do to Stop Bullies?** Harvard hosts national experts in study of schoolyard terrorists.

## STEP 11.

# How Can I Work With My Child's Martial Arts School?

### 1. It's Easy to Get Involved

- Talk with your child.** Ask your child what program is being used at his or her martial arts school, and ask your child to demonstrate what's being taught.
- Connect with the martial arts school.** Call your child's school and ask whether the Bully Buster System™ is being used. If not, ask the school owner if he or she knows about the System.
- Contact Martial Arts for Peace.** If you have any questions about how the program works or where your child can enroll to make use of this program, call 1-800-848-6021. Or email: [mapp8@aol.com](mailto:mapp8@aol.com). You can also visit our Web sites: [www.MartialArtsforPeace.com](http://www.MartialArtsforPeace.com) and [www.atriumsoc.org](http://www.atriumsoc.org)

### 2. Include Your Martial Arts School in Your Life

- Whenever you involve your child in any activity that focuses on lifting self-esteem, or developing confidence — call your school owner and include school teachers in these activities.
- Find out what books your martial arts school (as well as your public or private school) is using to promote peace education principles. Go to the school and look at the books, so that you're comfortable with what your child is being taught.
- Consider purchasing *My First Martial Arts Book*, if you have children ages 5 - 8, which you can get at your martial arts school. It's a charming beginner's book that introduces the very young to the art of mental self-defense™ and the skills of physical self-defense.
- Consider purchasing *Why Is Everybody Always Picking On Me?* This book, for ages 9 - 12, which has won awards, is a more advanced book on the winning combination of mental and physical skills.

## STEP 12.

# Defeat the Bully at Home — It's as Easy as A, B, C

### 1. Learn Your A, B, C's! Avoid! Bargain! Control!

- ❑ **Avoid.** How can you help your children avoid a fight?
  - ▲ **Help them learn how to prevent a fight.** That means teaching them that the highest goal of any human being is to **stop** a fight before it starts.
  - ▲ **Create some games.** Make up some games that help them practice how to stop their anger and turn it into Mental Self-Defense™. See if these work for you, too! Work with your martial arts school.
  - ▲ **Show them how to read body language.** When you watch a person walk down the street, point out to your child how that person moves. Ask your child if the two of you can figure out, just from body movement, if that person is angry, sad, sick or happy.
  - ▲ **Help them recognize a bully.** Ask your children if they can recognize a bully. If they say yes, ask them how. Can you tell by the look on a person's face? The way the person walks? The way the person talks?
  - ▲ **Help them recognize a victim.** Ask if they can recognize a victim. If they say yes, ask how. Does a person actually "look" like a victim? Does it depend on how a person stands? Sits? Walks? Talks? Thinks? Acts?
  - ▲ **Show them how to "change" their attitude.** Ask them to show you how they would change their attitude to look, first, like a bully — then, like a victim. What are the differences? Ask them: How do you want to be perceived? Do you think having one attitude instead of another makes a difference? How does a confident person look?

❑ **Bargain.** There are 12 ways you and your children can resolve conflict peacefully. These are on page 11, but here they are again:

1. **Make friends.** Treat the bully as a friend. The bully may not have many friends, and could use one.
2. **Use humor.** You can turn a threatening situation into a funny one. If you're a naturally funny person, tell a joke, or "entertain" the bully.
3. **Walk away.** Don't get into it — just walk away. This can take the wind out of a bully's sails. Use your instinct. If it feels right to walk away, do it.
4. **Use your creative imagination.** Prevent a fight by saying something that throws the bully off guard: "Don't touch me! I have a contagious disease! You'll catch it!"
5. **Agree with the bully.** Verbal attacks can hurt our feelings. It takes great strength to not attack back. Let the insult flow over you and disappear. Let insults go — don't fight back.
6. **Refuse to fight.** The winner of a fight is the one who prevents it. That must be you!
7. **Stand up to bully.** Stick up for yourself. Just say NO to bullying. Say, "I'm through with being bullied. Just lay off!"
8. **Scream/yell.** A powerful shout can end conflict — before it starts. Practice your scary screams!
9. **Ignore the threat.** Be like bamboo — bend in the wind. If you are quick to argue by nature, ignoring a threat is hard work unless you practice. Practice with your children!
10. **Use authority.** Stopping a fight is your first priority. You are never being a "chicken" if you call for help. You are preventing a fight — your highest goal.
11. **Reason with bully.** Use the most powerful tool you have — your brain. Talk with the bully; work something out.
12. **Take a stance.** Be a victor — not a victim. **If all else fails**, you have the right to protect yourself.

❑ **Control:** You control a situation by knowing how to duck, dodge and block (see page 14 for a refresher on how to do these).

## 2. Don't Forget! Use the Three P's!

- ▲ **PREVENT** — We can prevent a fight when we are **aware** of a bully before the bully is aware of us. (See page 8.)
- ▲ **PREPARE** — We can prevent a fight when we learn to **talk** our way out of a fight **before** it happens. We can stop a bully from hurting us, without hurting the bully.
- ▲ **PROTECT** — We can stop a bully from hurting us by getting out of the way — by learning martial arts Physical Self-Defense skills to go along with the Mental Self-Defense™ techniques used when we Prevent and Prepare.

## 3. Practice and Have Fun!

All it takes to succeed is to practice, and to have fun while you're doing it. Any learning that takes place while we're enjoying ourselves tends to stick a lot longer.

It's not difficult to be a peaceful victor instead of a victim of violence. All it takes is a little time — time spent with your child — time that reaps great rewards.

If nothing else, remember:

**The highest goal of the martial artist  
is to stop a fight before it starts.**

*From one parent to another . . . thanks!*

*With care . . .*

*Dr. T.*