

WHY IS EVERYBODY ALWAYS PICKING ON ME?

**A Workbook
For Bullies and Victims
Ages 8-14**

**Based on the Peace Education Books
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**with
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Workbook Evaluation Form

We hope that this Workbook has provided you with new insights and ways to work with all the bullies and victims in your life. We've done our best to make this Workbook as useful as possible for you and your purposes.

Just as you learn from us, we also learn from you. That's why we'd appreciate your taking a few minutes to fill out this Evaluation Form and return it to the address listed below. If there isn't enough space to say everything you'd like to say, please feel free to add sheets of paper; or, you can e-mail us (see below).

1. This Workbook gave me new insights into bullies and victims that I never had before. One or more of them are: _____

2. The part(s) of this Workbook that helped me the most are: _____

3. The subjects I had the most difficulty understanding are: _____

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4. The parts of this Workbook I tend to use the most, because I need them, are: _____

5. The next time you put together a Workbook, I'd like to see more: _____

6. The subjects I need to work on more include: _____

7. In my part of the world, our greatest bullies are those who: _____

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8. The people I would pass this Workbook on to include: _____

9. I see other places to use this Workbook besides at home and at school. These are: _____

10. The way I believe I can best teach the difference between judgment and observation is _____

Evaluation Form

Here are 30 questions you can use to evaluate what your students have learned from this Workbook. Rather than ask multiple choice questions, or ask students to memorize information, we pose questions that encourage them to think intelligently, on their own.

1. What is a bully, and how is a bully different from a victim?
2. Name five different kinds of bullies you've seen, and then describe the kind of bully you may have been at least once in your life.
3. What does bullying produce, and how can it lead us to believe that there's something wrong with us?
4. How does bullying affect us on the inside? How does bullying affect you on the outside?
5. What are some conscious roles you play in your life now? What are some conscious roles you might play later when you're older?
6. What unconscious roles have you played that you weren't aware of until you learned about bullying?
7. What do we mean when we say that a bully is a victim in disguise?
8. Do you think we need to fight to survive? Why?
9. Name three ways you could stop bullying from happening in your community.
10. What's the difference between reacting out of fear, and acting out of power? Which provides us with the greatest control?
11. What do physical skills give us? What do mental skills give us?

12. What's the highest goal of the martial arts?
13. Name five ways to walk away with confidence and how you might use one of them in your own life.
14. How do you think it might help to "stand in someone else's shoes"?
15. Which was your favorite roleplay, and what did it teach you?
16. Why do you think stopping a fight takes more strength than bullying?
17. What are the advantages of talking things over with someone when you feel angry or upset? What is the most difficult thing for you about talking with someone?
18. What do we mean when we say: "You are what you remember."?
19. When you have a thought that's followed by a feeling, what's the feeling a sign of?
20. What are the advantages and disadvantages of comparison? Do they work best with technical qualities or psychological ones?
21. How does observing our own behavior — without judging it — help us become aware of our thoughts and feelings?
22. What does it mean to have *direct contact* with our behavior?
23. Name three ways you can develop the power of your brain.

24. Does life hold on to what hurt you yesterday or today — or do you? Does life judge you — or do you?
25. Name your favorite way to express your thoughts and feelings that does not create conflict!
26. What's one example of world-class bullying? Where have you witnessed it?
27. How is respect the act that conquers fear? What happens when we respect people who are different from us?
28. What are your five favorite ways to relieve bully stress!
29. What's one way you can make practicing good manners something you *want* to do, rather than something you *must* do?
30. If you were about to be hired as a Peace Maker, starting tomorrow, what activity would you choose first?

1. What Is A Bully?

Has anyone ever bullied you?

- Yes! No! I don't recall.

How did the bully seem? Was there a look on his or her face that you noticed? Was it happy? Angry? Sad? How did the bully's eyes look? Mouth? Nose? Cheeks? Face?

Draw it here.

1. Take a close look at the face you drew. Is it the face of someone who's happy? _____.

2. Do you think a bully is someone who's angry? Sad? Lonely? Hurt?
A bully is someone who's _____
_____.

3. Would you say that a bully is someone who may have a problem?
I think a bully is:
 Someone with a small problem.
 Someone with a big problem.
 Someone with lots of problems.

4. What kind of problem(s) does this bully have? _____

Have YOU ever been a bully? **Yes!** **No!**

1. Have you ever had a problem — one that made you angry?

The problem that really made me angry was _____

2. When you were angry, did you yell at anyone? (Even a little?)

Yes. I yelled at _____

3. If you yelled at someone, weren't you a bully, too?

Oops! I guess I was!

Didn't think I was!

I really was!

4. There are two main kinds of bullies — the extrovert bully and the introvert bully.



■ **Draw an Extrovert Bully!**

Extrovert Bullies are aggressive, active, outgoing and expressive. They want to be in control. They're rebels — rough and tough, mean on the surface. But inside they feel inferior, insecure and unsure of themselves. They reject rules and like to rebel to achieve a feeling of superiority and security.

■ **Draw an Introvert Bully!**

Introvert Bullies don't want to be recognized. They hide as much as possible. They don't rebel; they conform to society. But they also want to be in control, which they get by smooth-talking, saying the "right" thing. They will lie, cheat, do anything to get what they want. They make us think they mean well.

5. **There are many types of bullies. Can you tell if the following are introvert or extrovert bullies?**

Introvert Extrovert



The Super Jock Bully
"I am Number One — yeah, ME!"



The Preppy Bully
"Sorry you're not invited to my club party. You should find another club to join."



The Movie Star Bully
"Mirror, mirror, on the wall,
Who's the fairest of them all?"



- The Brain Bully**
“I’m smart. I know better than you!”



- The Rocker Bully**
“Trash it! Do your own thing! Who cares how it affects anyone else!”



- The Patriotic Bully**
“Your country. Love it or leave it!”



- The Religious Bully**
“There is only one belief — mine!”



- The Prejudiced Bully**
“Your people are inferior to my people!”

**Whether an introvert or extrovert,
bullies come in all shapes, sizes,
colors and nationalities.**

What kind of bully are YOU?

When I'm angry, I'm an

Introvert Extrovert

Of the bullies described above, the one that comes closest to me is:

Here's how I look!

- Super Jock Bully
- Preppy Bully
- Movie Star Bully
- Brain Bully
- Rocker Jock Bully
- Patriotic Jock Bully
- Religious Bully
- Prejudiced Jock Bully
- Other: _____

**A bully is someone who's hurt and angry.
Most people who are hurt and angry have problems.
We all have problems.**

**We've all been bullied at one time or another.
And we've all been bullies, too.**