

# Is *Everybody* Always Picking on *You?*

Have you ever tried to:

- Stand Up to the Bully
- Refuse to Fight
- Use Authority
- Use Humor
- Agree
- Ignore the Threats
- Use Trickery
- Reason With a Bully
- Scream/Yell
- Walk Away
- Make Friends
- Take a Strong Stance



# BULLY BUSTERS™

## BE A VICTOR



## NOT A VICTIM!

### MILD 1

Make Friends  
Use Humor  
Be Clever  
Walk Away

### MEDIUM 2

Use Reason  
Agree With Bully  
Ignore the Threats  
Refuse to Fight

### HOT 3

Stand Up  
Call an Authority  
Kiai/Yell  
Take a Stance



A MARTIAL ARTS FOR PEACE PROGRAM®

1.800.848.6021

MAPP8@AOL.COM

WWW.MARTIALARTSFORPEACE.COM