

# **Twelve Ways To Walk Away With Confidence**

An Education for Peace  
Life Skills for Kids Program <sup>TM</sup>

Ages 9-14



by  
**Dr. Terrence Webster Doyle**  
with Adryan Russ

Based on the Martial Arts for Peace Books by Dr. Terrence Webster-Doyle

# Table of Contents

<i>Lesson 1: Make Friends</i> . . . . .	1
A Bully Can Be a Buddy!	
<i>Lesson 2: Use Humor</i> . . . . .	3
This Is a Time for Fun!	
<i>Lesson 3: Walk Away</i> . . . . .	7
Act Instead of React!	
<i>Lesson 4: Use Cleverness</i> . . . . .	10
The Mind Is Stronger Than the Body!	
<i>Lesson 5: Agree with the Bully</i> . . . . .	12
Yield Right of Way!	
<i>Lesson 6: Refuse to Fight</i> . . . . .	15
Just Say No!	
<i>Lesson 7: Stand Up to the Bully</i> . . . . .	17
Let's See That Confidence!	
<i>Lesson 8: Scream/Yell</i> . . . . .	20
Let's Hear That Voice!	
<i>Lesson 9: Use Authority</i> . . . . .	22
Help Is on the Way!	
<i>Lesson 10: Ignore the Threat</i> . . . . .	
The Bully Is Invisible!	
<i>Lesson 11: Reason with the Bully</i> . . . . .	
Mind Over Matter!	
<i>Lesson 12: Take a Stance</i> . . . . .	
Show Your Unmistakable Intent!	

