



## **“THE TWELVE WAYS”**

Bullying can exist in many forms: It can be physical (pushing, punching, or hitting), verbal (name-calling or threats), or psychological and emotional (spreading rumors or excluding someone from a conversation or activity).

The most effective way to keep children from being bullied, and from becoming bullies, is to make sure they grow up learning how participate in respectful relationships, rather than relationships that use power or force to control them. When people fall victim to being bullied; the aggressive party aims to provoke a response that makes the bully feel powerful. Too often, showing emotion or fighting back give the bully continued power.

At the Center for Humane Living, one of our philosophical approaches on how to effectively navigate dealing with a bully is thru teaching the “12 ways”. These responses aim to teach that although you cannot control a bully, you can control your OWN RESPONSE. Utilizing role-play scenarios, our goal is to build confidence and empower our students to deal with challenges. Participation in role play exercises allows students to practice different responses until they feel confident handling troublesome situations.

### **THE TWELVE WAYS TO COMBAT A BULLY**

1. Agree with the bully
2. Stand up to the bully
3. Karate
4. Make Friends with the bully
5. Reason with the bully
6. Trickery
7. Humor
8. Ignore
9. Scream and shout
10. Walk away
11. Go to Authority
12. Refuse to fight