

You Can STOP Bullies

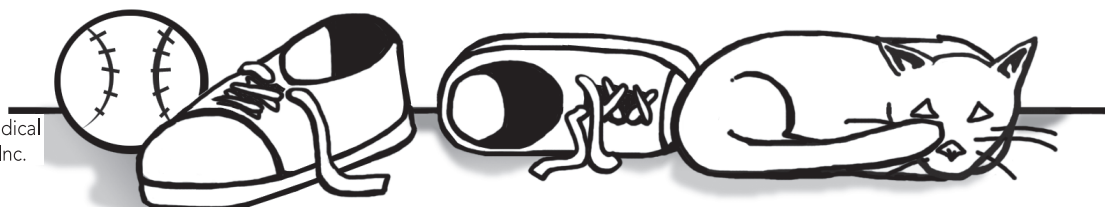
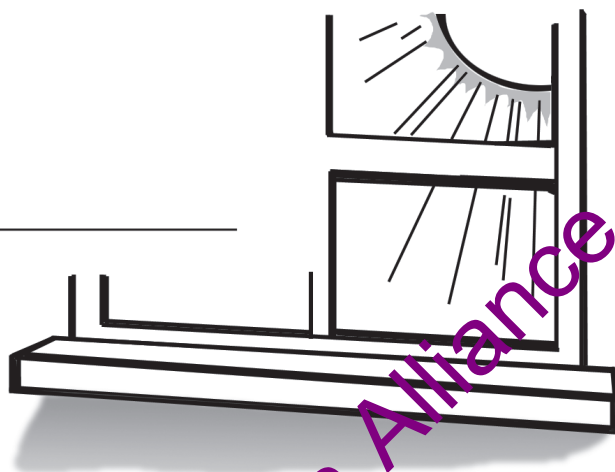


1. My name is: _____

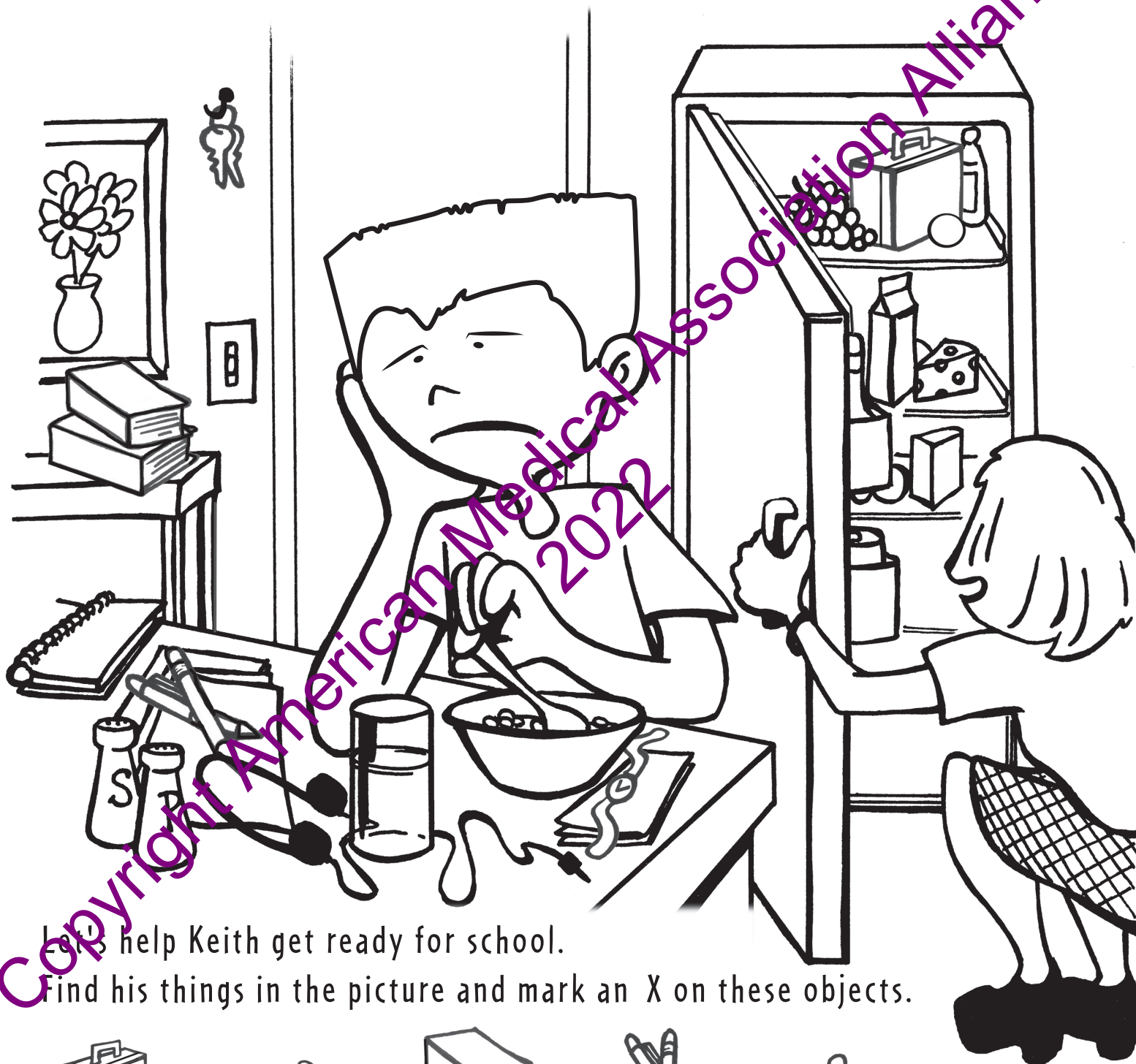
2. I am _____ years old.

3. How would I like others to treat me ?

4. How should I treat others?



Keith is getting ready for school. He is afraid because a boy named Joe has been picking on him at recess. Joe is a bully. Sometimes Joe calls him names. Sometimes Joe pushes and shoves him. Keith does not want to tell anybody, not even his mom.



Let's help Keith get ready for school.

Find his things in the picture and mark an X on these objects.



Lunchbox



Watch



Books

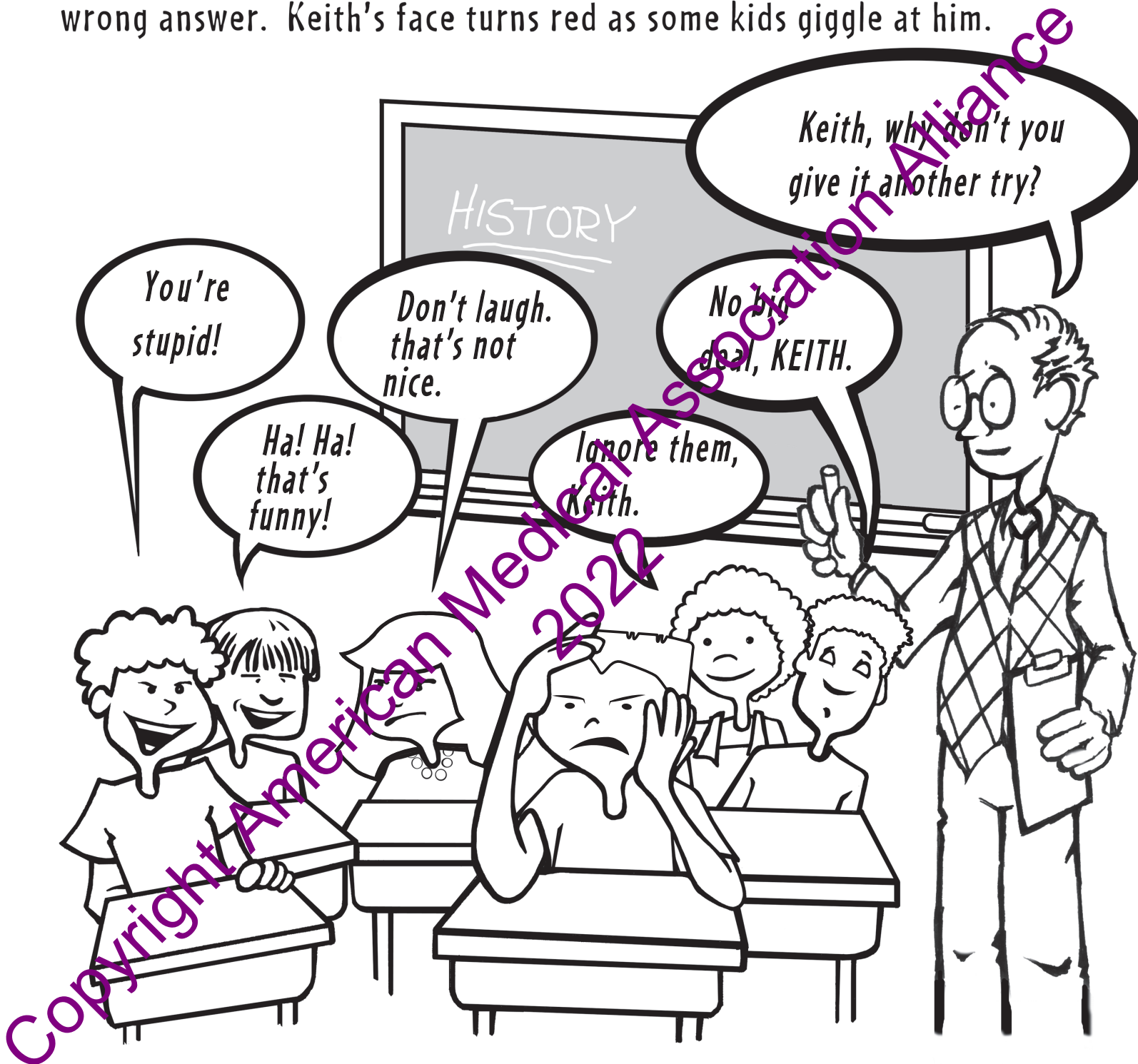


Pen & Pencil



Housekeys

During class, Keith is so worried about the bully that he does not hear the teacher ask him a question. Taken by surprise, he gives the wrong answer. Keith's face turns red as some kids giggle at him.



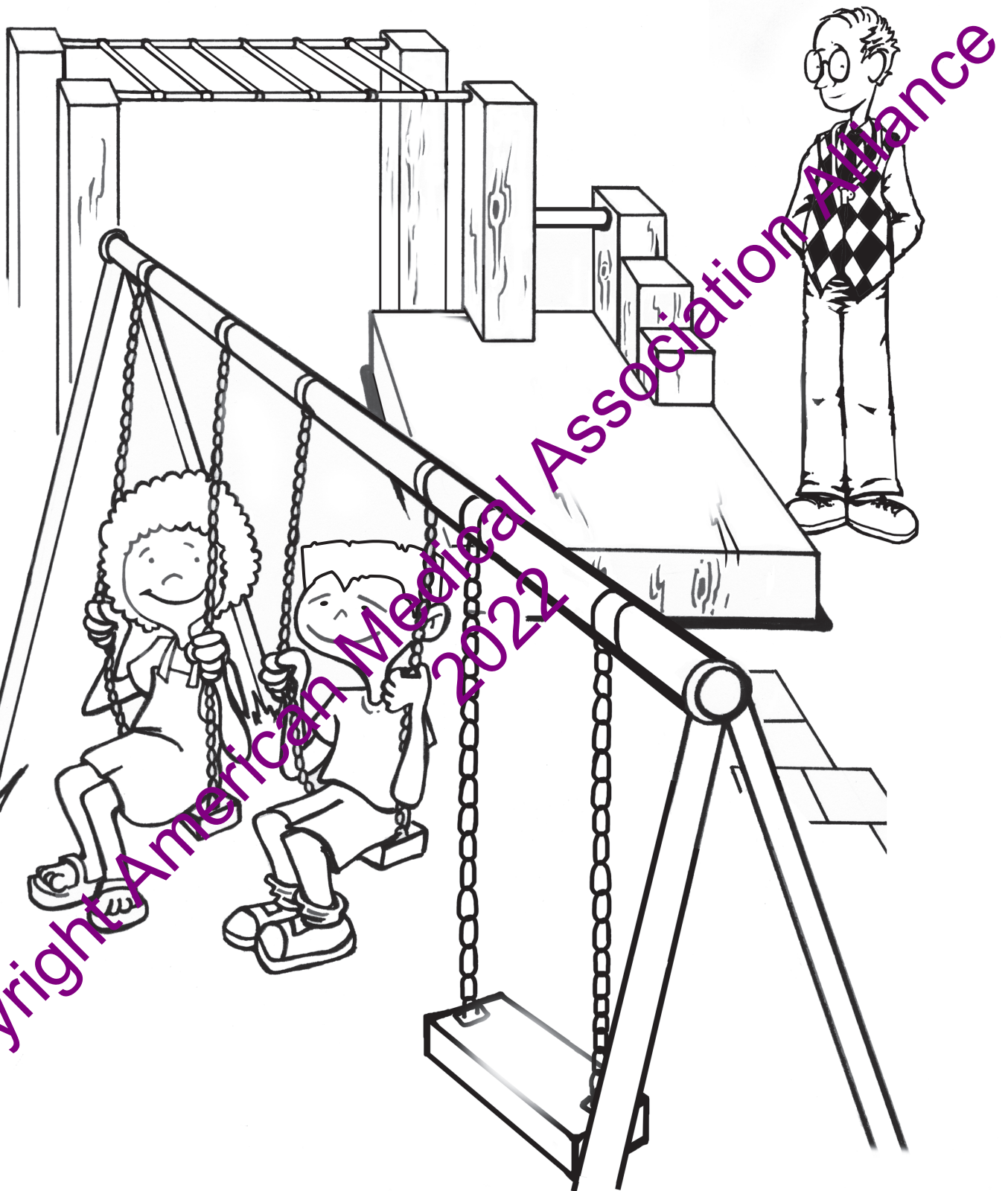
Color the word balloons that are kind and cross out the word balloons that are mean.

Recess time arrives. Keith does not like recess because this is when Joe usually bullies him.



Draw a path from Keith to the places where you think he would like to play.

Tracy is a good listener and wants to cheer Keith up. Tracy sees Keith on the playground and calls him to come over.



You can be a good listener too. Draw yourself in the playground with Keith and Tracy.

Joe sees Keith having fun with Tracy and wants to cause trouble.
Joe runs over to the swing set and tries to push Keith off the swing.



Find and color the words in the clouds that show how
Keith is feeling.

What will Keith do? What do you think are bad choices?
What do you think are good choices? Which is the best choice?

Walk away

Try to fight

Don't
answer

Tell him, "STOP!"

Stay with a group
of friends

Tell a
trusted
adult

Fighting and keeping quiet are both bad ideas, but all of the other ideas could be solutions. Keith decides to talk to his teacher, Mr. Smith, about Joe bullying him. It is always best to talk to an adult whom you can trust.

*Thank you for telling me Keith...
It took courage to come to me. I
will talk to Joe about his bullying.*





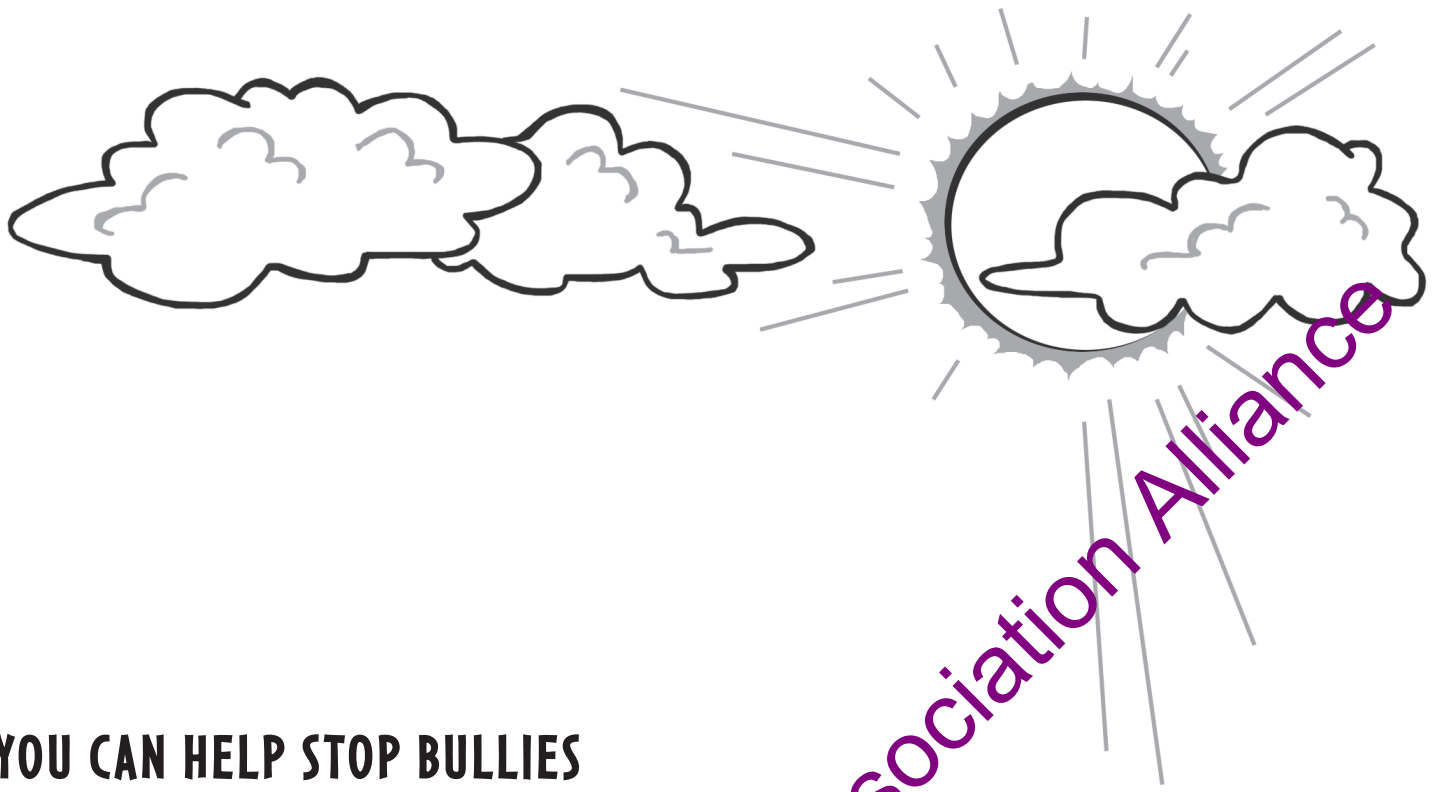
Joe, I heard that you were bullying a student. I will be watching your behavior. I have confidence in you that I will not catch you bullying or there will be consequences.

Describe the 3 types of people involved in the bullying process:

1. Bully _____

2. Victim _____

3. Bystander _____



YOU CAN HELP STOP BULLIES

1. Walk away, bullies love an audience while putting on a show.
2. Encourage the victim to walk away with you.
3. Tell a responsible adult what happened.

IF YOU ARE BULLIED

1. Tell them to STOP!
2. Walk away.
3. Tell a responsible adult.



The American Medical Association Alliance, is the largest, most influential grassroots organization representing the family of medicine. As the proactive volunteer arm of the American Medical Association, the Alliance is dedicated to promoting better public health, ensuring sound health care legislation and fund-raising for medical education.

In 1995, the AMA Alliance launched the SAVE program to Stop America's Violence Everywhere. Currently, more than 600 community SAVE programs are aimed at assisting victims of abuse, teaching conflict resolution skills and educating the public about the prevention of violence.

If you are a physician or a physician's spouse and not a member of the AMA Alliance, we encourage you to join. For more information please contact the AMA Alliance.

The AMA Alliance designed this activity book to help parents, educators and members of the family of medicine ensure child health and safety. Content for this book was originally developed in cooperation with the American Medical Association.



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