**Bully Proof Seminars 2019 – 45 minutes**

**Welcome & Warm Ups (5 min):**

(3 x 30 sec.) Demo Team Plyometrics (side-side, front-back, up-down)

**Bully Proof Tips** (lock it up!) (5-10 min)

1. **What is bullying?**
   1. Bullying is intentional and repetitive. It’s when someone tries to deliberately hurt other people with their words or actions.
   2. Bullies are trying to take away other people’s power
2. **How do we know when we see bullying? How do we feel?** 
   1. Intuition / “spidey senses” – something feels off / wrong, in our mind or our body
      1. Could be: sweaty palms, stomach hurts, nervous/scared/uncomfortable, etc.
   2. We all have this superpower that we’re born with. The only job it has is to protect us and keep us safe.
3. **Options when our superpower kicks in / when we see bullying** 
   1. We know that this isn’t okay. So what can we do?
   2. IGNORE
      1. If someone can’t take your confidence away they can’t bully you.
      2. Possible response: I’ve heard that before. 🡪 Bully has no power if it doesn't bother you!
   3. RUN AWAY. Stop going to that place. Music class. School. We don’t want someone to take our power away.
      1. Running away is an AWESOME option. We don’t have to feel bad – keeping ourselves safe is the most important thing
   4. STAND UP. That’s what we're going to talk about next
   5. No matter the option we choose, it’s super important that if we EVER see or experience bullying, we HAVE to tell an adult we trust. Grown-ups want to help in the fight against bullying, but they can’t if they don’t know what’s happening.

**Bully Proof Training: Say No!** Self Defense “Stop” Stance (5 min)

* 1. STOP STANCE: Step back like guard stance with hands open and palms out
     1. Palms closed can look like we’re trying to fight. Palms open look like we don't want any trouble
     2. Work on posture (head up, back straight). Confidence is key to stop bullies!
  2. Say “No!” or “Stop!” anytime someone is doing something you don’t like
     1. Our voice is one of our most powerful weapons in self-defense, because we can keep ourselves safe without anyone needing to get hurt (us or the bad guy / bully)
     2. Plus, using our voice lets other people around us know that something is happening that is not okay / that we need help
     3. Confidence works with our voice, too. We don’t have to be the very loudest, as long as we can sound strong. No screaming like a mouse!
  3. Practice on the count of 3 – STOP. NO. LEAVE ME ALONE.
  4. IF TIME - Sensei Says (on dots) or Fishbowl (moving around) drill
     1. Call out attention stance, lock it up, stop stance, etc.
     2. Encourage listening and self-discipline!

**Bully Proof Tips (lock it up!) (5-10 min)**

1. **4 types of Bullying:** Now that we’ve practiced some different ways of handling bullies, let’s talk about different forms of bullying we might see:
2. Verbal
   1. Trying to hurt someone/make them feel bad using words/voice
   2. Most common = most bullies don’t want to fight
3. Physical
   1. Trying to hurt someone using our bodies to cause pain
   2. Pushing, punching, kicking, hitting, biting
4. Social / Emotional (indirect)
   1. Bullying that takes place in a social or group environment
   2. Examples: leaving someone out, spreading rumors / talking behind someone’s back, saying “you’re not allowed to play with them / talk to them,” etc.
5. Cyber
   1. Trying to make someone feel hurt/bad using technology
   2. Negative comments on social media, text, in video game, pretending to be someone else online, etc.
6. What should we do if we ever see any of these kinds of bullying? TELL SOMEONE!
   1. No one should ever have to deal with a bully alone. If any of these ever happen to us, it's so important that someone else knows (hopefully a grown-up) so they can help fix it.

**Bully Proof Training: Self Defense Practice (~10 min)**

**(form lines - instructors with focus squares at front, cones or dots at back)**

1. Now we’re going to practice using our physical self-defense. BUT, is this our first option? NO! Only use as last resort
   * 1. Respecting other people = Not being a bully ourselves.
     2. We never want to use our martial arts to hurt other people. That’s the difference between fighting and self-defense – we only do it when we need to keep ourselves safe.
2. These strategies can work anytime our superpowers say something isn’t okay – with bullies or friends, with kids or adults, at school, at the park, in our neighborhood, and more.
   1. If our superpower ever tells us something is wrong, we should listen!
3. Stop Stance and voice
   1. A bully’s trying to mess with us. We can’t ignore (they’re trying to hurt us), we can’t run away (nowhere to go / no one to help us) – use our voice first and say STOP!
   2. Instructor at the front is a bully, they look scary, kid does Stop Stance and says (no, stop, leave me alone, etc), instructor says NO
   3. Kid does three palms to focus square, then runs to end of line
      1. All moves go to body b/c we are not trying to hurt the person badly. We are trying to push them away so we can go get help
   4. At end of line, tag cone / dot – represents telling a teacher/trusted adult what happened
      1. Difference between Tattling and Reporting: Tattling is when your motive is to get someone in trouble. Reporting is when your motive is to get help and keep yourself or someone else safe.
4. More drill ideas (depending on time, try to do at least 2-3 rounds):
5. “Turtle” (aka Ram) with instructors smacking face with focus square, then palms
6. Hammer fists
7. Elbows
8. Rear Push Kick (to stomach or low on kicking shields)
9. Combinations: Cover, palms, push-kick

**Bully Proof Tips – Allies for Safe Schools** (Huddle Up) (~5 min)

1. Remember that superpower we talked about earlier? One of the coolest things about it is, it doesn't just work for us! We can use it to help protect other people as well. Sometimes, we feel like something is wrong/off/not okay, even when nothing is happening to us, and that’s a great time to practice being an ally.
2. If you see someone else being bullied what **shouldn’t** you do?
   1. Is it ok to join in? No! That gives the bully strength and you will probably feel bad about it later
   2. Is it ok to stand and watch? No! That gives the bully an audience. Bullying isn’t as much fun to do when no one’s watching.
   3. Is it ok to pretend you didn’t see anything? No! You empower the bully to continue bullying behavior.
   4. Do you think it’s easy to take a stand against bullying? No! Absolutely not! It takes a lot of courage. But remember, **no one deserves to deal with a bully alone**
3. **What can you do when you see others being bullied?** 
   1. **Step in and take charge.** If you’re super brave, this might be the easiest option – stepping up and saying confidently that the bullying behavior is not okay. This takes a lot of courage!
   2. **Get there first.** Get to the bully – or the victim – before the bullying has a chance to occur, and occupy their attention. If you’re with the bully, they won’t have the chance to be a bully – and it’s a lot harder for the bully to pick on a victim if you’re by their side!
   3. **Distract and redirect.** If you are not comfortable confronting the bully, you could redirect their attention. Invite them to come play a different game, etc, giving the victim a chance to get away from the situation.
   4. **Leave and report.** If you are not comfortable confronting OR interrupting the bully (as in the example above) you can leave the scene immediately and report it to someone who can help. Remember: when bullying occurs, it’s **always** important to tell someone, whether it’s for you or someone else!
      1. Remember the difference between tattling and reporting!
         1. Tattling is when your motive is to get someone in trouble. Reporting is when your motive is to get someone help / keep someone safe.

**End with Flying Kicks to work on everyone’s commitment to end bullying! (last ~5 min)**

Take a group picture for FB ☺