

DEALING WITH A BULLY

First and foremost, if there is something I can't stand, it's a bully. So don't ever be one. A bully is a person who picks on people who are smaller or weaker than themselves. There is nothing cool about that. If you are blessed to be taller, stronger, faster, or whatever than other people, that's a gift and a position of responsibility to use any ability you have for good.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- * Talk to your parents about any bullying situation you have been in, how you handled it, and how they think you could have handled it better.
- * Have a family member pretend to pick on you and, with conviction, hold your hands up, palms forward, and shout, "Back off." Be tall, be confident, and be strong. Make that bully think twice. Have your parents congratulate you on your performance ... if they dare.

LEVEL F

B-8

Now this may surprise you to hear this, but a bully is actually a coward. I know, they don't look like cowards. They are picking on someone smaller than themselves for a reason. Deep down, although they may not admit it, not even to themselves, they feel inadequate and they use bullying so they can feel superior. They can't do it to people the same size as them, so they do it to people that are smaller or weaker. There is no honor in that, is there?

The next thing, they are looking for an easy target. They typically need to have their friends backing them up, and they want to find a target who won't fight back. As I said, they are a coward and that's what cowards do. Here are some things you can do:

- Stay away from them. Simply don't get into a position where you would antagonize the bully. Stay away, if you can. You can't live your life in fear, but you can be smart.
- Tell a trusted adult, especially your parents. They have lots of experience they can share with you. And believe it or not, they probably still deal with bullies, even as adults.
- Be aggressive. Now I am not talking about using violence, but remember they are cowards and they are looking for a soft target. So stand up, get loud, and tell them to back off. Not only does this bring way too much attention to the situation (and they are cowards), but it also makes them realize that you may not be the soft target they were counting on.

Bullying is always a problem in life. You may also want to consider a martial art, like tae kwon do. This centers on great core values, self-defense, and how to deal with bullies in a responsible manner.

