



# BULLYING

## 5 Minute Bully Boot Camp

Quick Tips To Help Kids  
Stop Their Bullying Behaviour

**A Parent  
Friendly Resource**





5 Minute Bully Boot Camp: Quick Tips To Help Kids Stop Their Bullying Behaviour. A Parent Friendly Resource.

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This book is to be used as a quick, easy, functional resource on the important points of self-esteem to get you up to speed with what this issue involves. The goal of this book is to make sure you spend less time reading and more time sparking up conversations.

### **The Best Way To Use This Resource**

- Read the book once on your own and do the assignments with you as the focus first. Once you are comfortable with the material, work through it with your children. This way you get a much better understanding of everything discussed and what is asked of your child.
- Each page is designed to be posted on a fridge or any other prominent place as quick reminders when you are working through bullying problems with your children.
- You are more than welcome to share some of these pages with others who influence your children. We also offer a teacher version of this resource, more tailored to the needs of educators.
- Please keep in mind that if you'd like to share the whole book with others, we'd prefer that you refer them to our website to purchase their own copy. It is, as you know, a very inexpensive resource. The funds go to the production of more great resources that will help you and your child work through other problems they may have.

**Lead Teach Inspire!**  
Unique Education Resource Stuff



*“No one can make you feel inferior without your consent.”*  
~Oriental Proverb

## Getting to Know Your Bully

When you mention the word bully most people think of the big kid who pushes around the smaller kids at recess. Well it much more than just that. Did you know that there are different types of bullies?

**Physical** bullies are action-oriented; this form is easy to identify:

- Hitting – punching, pinching, pushing
- Kicking
- Taking or damaging the victim’s property

**Verbal** bullies use words to hurt or humiliate another in person or behind their back. It’s the easiest to inflict on others and its effects can be devastating with no visible scars:

- Threats
- Name-calling
- Insulting
- Making racist comments
- Constant teasing
- Harassing

**Relational or relationship** bullies are linked to verbal bullying, these bullies use social influence to manipulate others to do harm to another person. Social connections are crucial as your growing up so experiencing rejection by peer groups is devastating:

- Spreading nasty rumours
- Intentionally excluding an ex-friend from the peer group

**Reactive victims** provoke bullies through reactions to any physical encounter, (intentional or unintentional):

- Taunt bullies
- Bully other people themselves

**Cyber** bullies harass using an electronic medium. Most young people use the internet (email, chat rooms), cell phones, instant messaging, online voting booths or other types of digital technology. This type of bullying involves:

- Gossiping
- Humiliation
- Embarrassment
- Torment
- Threats

*Good natured teasing is only fun if both parties agree.*





Thank you for choosing an LTI resource!

We hope you got a lot out of it.

Getting children and adolescents to open up and engage in discussion about bullying issues is difficult but it is an absolute necessity for positive values to be anchored for a lifetime.

We know your time is valuable therefore we have made it our focus to provide quick, functional, easy and inexpensive resources that ensure you have 'covered all the bases' with your children.

Check back to [www.leadteachandinspire.com](http://www.leadteachandinspire.com) frequently for more great resources.

#### **Help us be error-free**

Though we do our best to ensure accuracy in all of our publications occasionally some can slip under the fence (we're only human). If you spot any errors in this publication, we'd love to know about it so that we can continue to improve our products. As a thank you, we will send you the improved version, free of charge.

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#### **5 Minute Self-Esteem Boot Camp eBook:**

Quick Tips To Help Kids Improve Their Self-Esteem.

#### **The Parent Version**

Get parents to be on the same page as you to further anchor the work that you are doing with their children.

**Lead Teach Inspire!**  
Unique Education Resource Stuff

*Now Go Spark A Conversation!*

*Spark A Conversation!*



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