



Smart Alex Says:  
**LET'S  
 STOP  
 BULLYING**



**A Book For Children & Parents To Discuss, Learn, Color & Play Activity Games!**

**Palm Beach County  
 Sheriff's Office  
 Sheriff Ric L. Bradshaw**





# BULLYING IS AN EPIDEMIC!

**Bul-ly (boo-le):** A person who uses strength or power to harm or intimidate those they think are weaker.

**PARENTS:** Up to 70% of students say they have been bullied. That's 1 out of every 4 kids that you see! This is a **VERY SERIOUS PROBLEM!** Bullying happens in the classroom, in the hallways, on school grounds, on busses, and while walking to & from school. But, it doesn't end with the rining of the 3:30 bell. Now, bullying also invades our homes through e-mail, Facebook, texting, cellphones and more. Just when and where will it end?

It's up to School Officials, Teachers, Parents, Students, and local Representatives to work together to make rules and enforce them. At Home, be there to listen to your child. Often bullied children are afraid to tell their parents because they think they will either storm up to the school and make things worse, or they will think that it was their fault in the first place. If you think something may be wrong, ask a simple question: "Is anything bothering you lately?" Then, stay calm and listen.



**NAME CALLING, GOSSIPING RUMORS & LIES HURT!**

**TEASING ISN'T PLEASING!**



**IF YOU SEE SOMETHING, SAY SOMETHING!**



**Spreading Rumors Is Verbal Bullying!**  
Nasty words can cut as sharp as a knife!

People that see things like bulyng are called **BYSTANDERS.**

If you're cheering him on, you're just as much a bully as the guy throwing the punches!

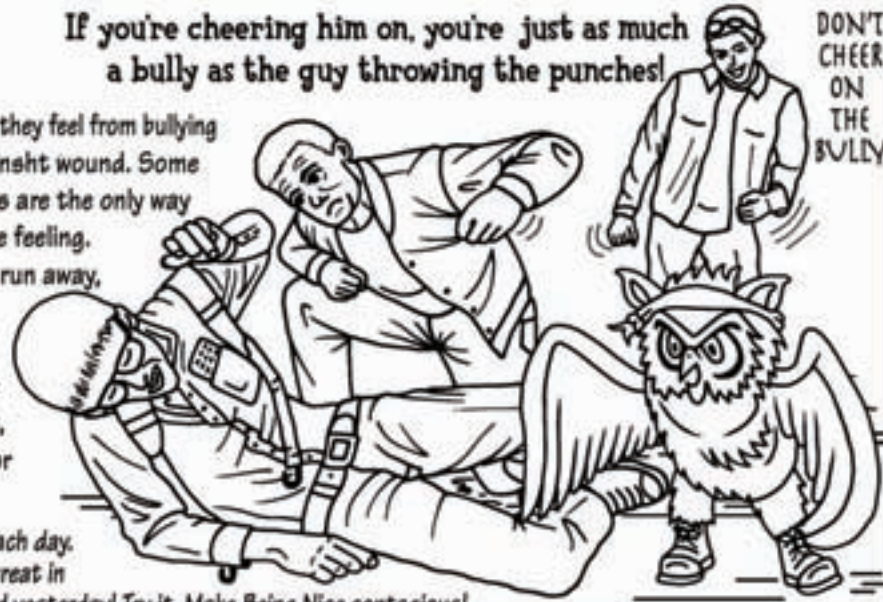
**DON'T CHEER ON THE BULLY!**



**PARENTS:** Kids internalize the pain they feel from bullying and it can hurt as much as a gunsht wound. Some children feel that extreme acts are the only way to deal with the pain they are feeling. They can become withdrawn, run away, use drugs or even feel that death is the easy way out -

**BUT IT NEVER IS. KIDS:** It will only leave a lifetime of pain, crying, and asking why by your parents, friends and many others that truly love YOU for WHO YOU ARE! Yes, you are loved!

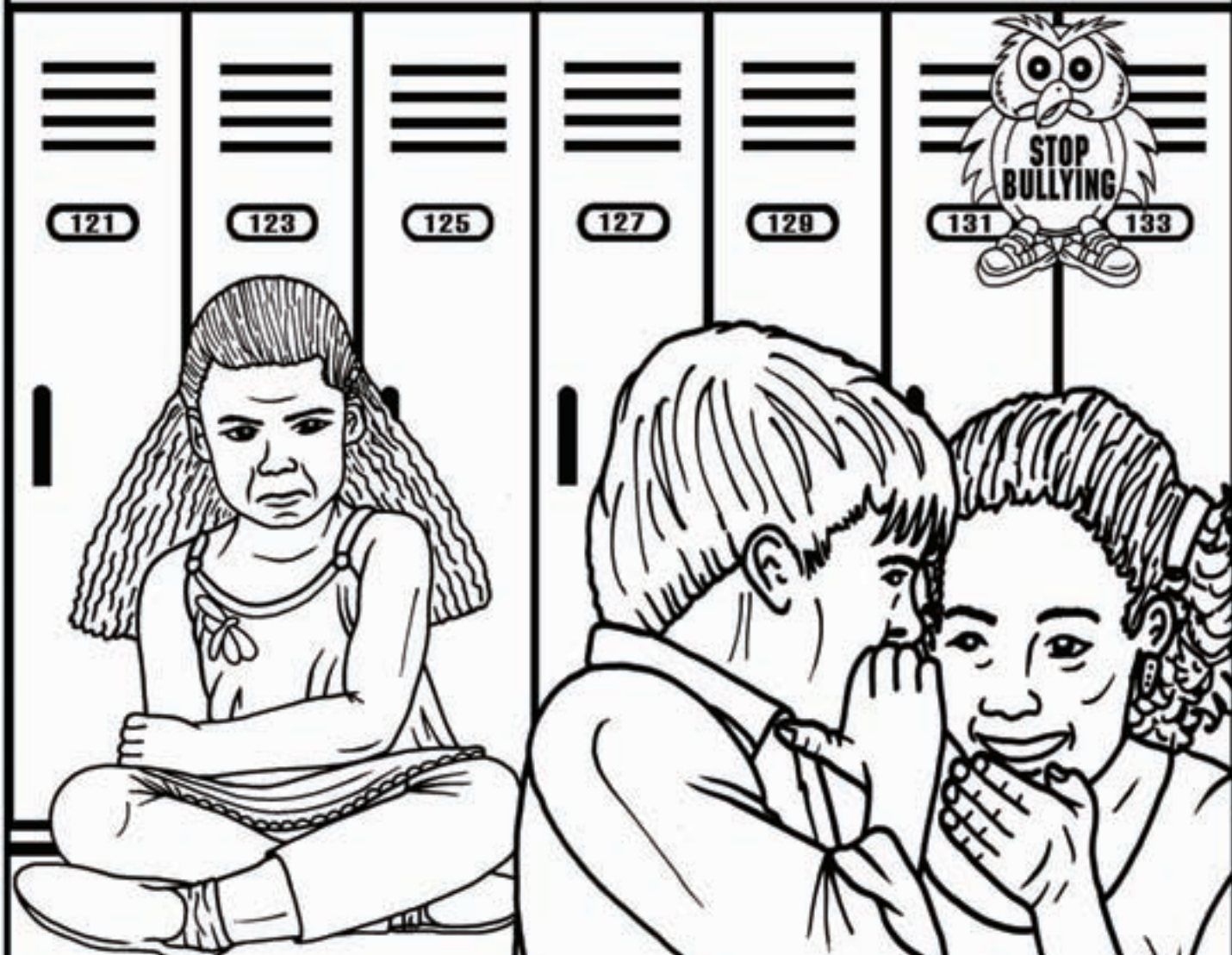
Say some kind words to a friend & family member each day. You will feel good too! For example: Mary, you look great in that pink shirt! or Jimmy, nice catch out on the field yesterday! Try it. Make Being Nice contagious!



**HAVE YOUR SCHOOL SET UP A BULLY-FREE ZONE!**  
Show Your Care! Take part in your school's anti-bullying activities!

- 1. BULLY BOXES**  
Kids can put notes in the box if they are too worried to tell someone, but they must use them wisely! Tell the kids to always make sure that anything they write about is the truth.
- 2. COUNSELING**  
Is a good way for kids to be able to talk to someone. Have someone come in and talk about kids who are being bullied, or who are bullying others. Perhaps your school can set up **PEER COUNSELING** where kids volunteer to learn how to help other kids to deal with bullying.
- 3. SET UP A BUDDY-SYSTEM**  
Older students can volunteer to help new or younger students coming into the school or program.
- 4. PEER SUPPORT**  
Where older students volunteer to discuss things such as bullying, friendship, or drugs with groups of younger students.
- 5. PLAYS AND OTHER DRAMA ACTIVITES**  
Kids can take part in plays that can help others to understand what it feels like to be bullied and to think about what they can do to stop it. This is something that classroom and after school programs can facilitate.
- 6. SPECIALS EVENTS...** Such as a "NO-BULLYING DAY".

# Spreading Rumors and Making Fun Of Others Is Bullying!



Making fun of people, spreading rumors, cruel teasing and telling secrets are forms of bullying.

Bullies like to pick on kids who show that they're scared, their feelings have been hurt, or they have even cried! Don't give them the reaction they want!

**BE STRONG.** Try not to let your emotions show. **STAND TALL,** look them in the eyes & tell them to "STOP what you're saying! You're not hurting me, you're just making me stronger!!!"

**EVERYONE STOP!**  
Believe In Yourself  
and Just Walk Away!



Verbal Bullying  
is still a form of  
**BULLYING!**

\$5 bucks a day Squid. That's what we agreed, or I'll find you after school and beat you silly. Pay Up - Or Else!!!



Has This Happened to You or One of Your Friends?

Sadly, bullying happens much too often on our schools.

I want 4 worms a day or I'll tell the other owls at lunch that you don't dig up your own meal-worms! I'll tell 'em that your mother still digs 'em up for you!



## WHAT WOULD YOU DO?

Has this happened to you or someone you know at school?

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**Don't Be Silent! No One Should Be Beaten-Up, Threatened or Bullied!**



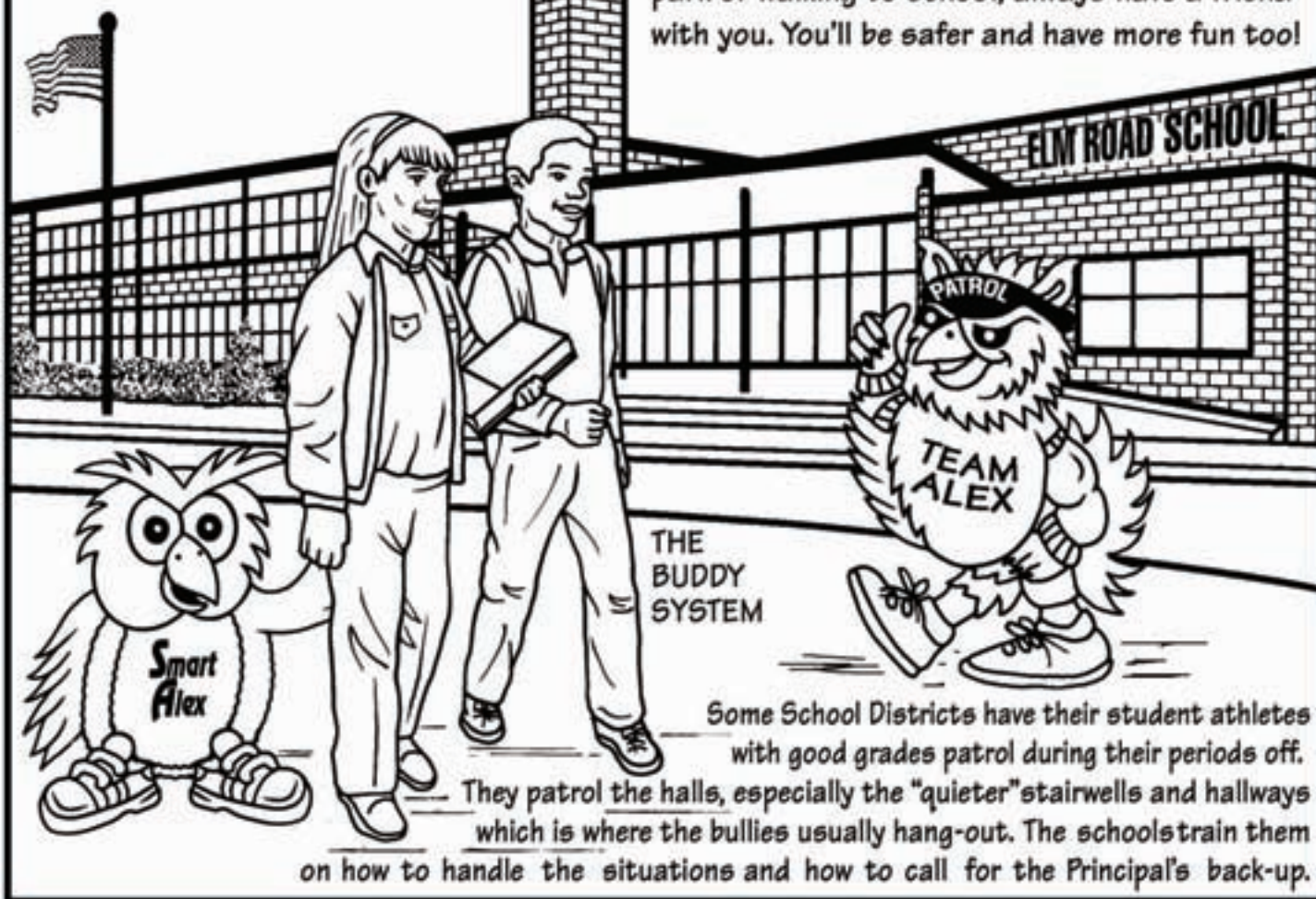
## DON'T GO OUT ON A LIMB DON'T WALKING ALONE!



### Always Have a Buddy!

The "Buddy System" means that whenever you go out, you always have a friend or a group of friends with you. Bullies usually pick on kids who travel alone. So, if you are playing in the park or walking to school, always have a friend with you. You'll be safer and have more fun too!

Bullies pick on kids in quieter, hard to see areas, like these woods!



### THE BUDDY SYSTEM

Some School Districts have their student athletes with good grades patrol during their periods off.

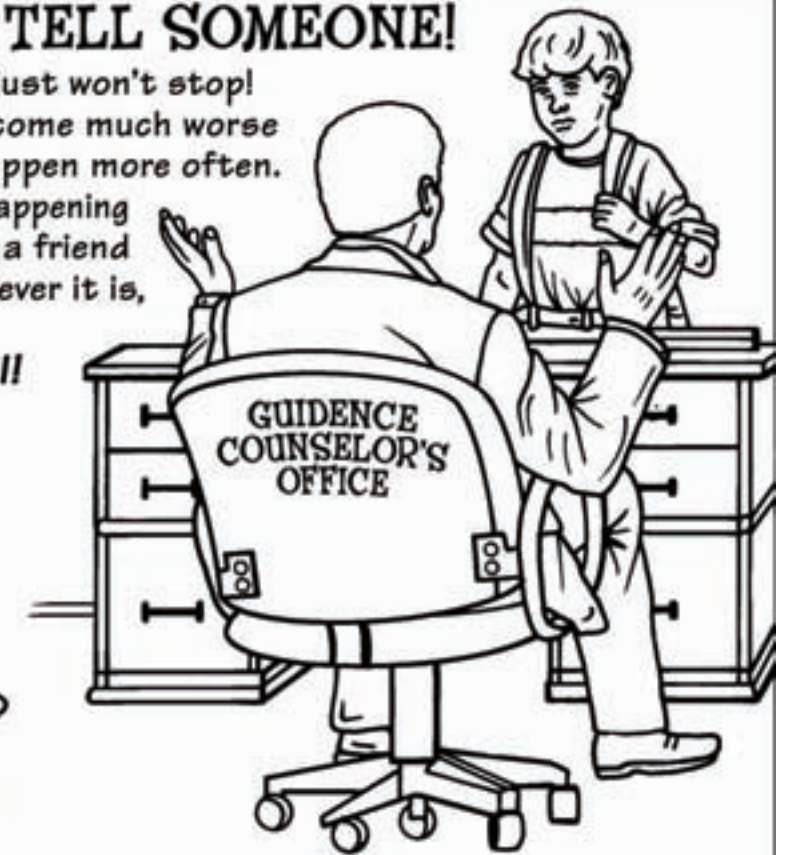
They patrol the halls, especially the "quieter" stairwells and hallways which is where the bullies usually hang-out. The school trains them on how to handle the situations and how to call for the Principal's back-up.



## IT'S OK TO TELL SOMEONE!

Sometimes a bully just won't stop! Or maybe it has become much worse or is starting to happen more often. Maybe it isn't even happening to you, but you see a friend being bullied. What ever it is, it has to stop!

*It's OK To Tell!*



Don't be afraid to take the next step and tell an adult that you are being bullied. You are NOT a tattle-tale if you report on someone that is hurting you or a friend - either physically or emotionally.

You could speak to your parents, a relative, a favorite teacher, coach, the school counselor, or the principal. Try to speak to this person privately, so that the bully or other students won't see or hear you. If there is a "Bully Box" in your school, use it! It's a great way to report the bullying quietly!

**Don't Be Silent!**  
**NO ONE SHOULD BE BULLIED!**



# FEEL GOOD ABOUT YOURSELF!

We're ALL Different From Each Other, Which Makes Us ALL Special!

I want to be as strong as my Dad.  
He's a fireman!

I'm an Artist!!

I want to be a sports All-Star!

I love math and science. I want to design a new kind of computer.

I love animals. I will be a Vet!

We Want to be Eagle Scouts!

I love reading & biology. I want to be a scientist.

## WHAT MAKES YOU DIFFERENT & SPECIAL?

Tell us the the things that make you feel good about yourself!

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Smart Alex  
This Owl Loves the Beach!

SCHOOL BUS

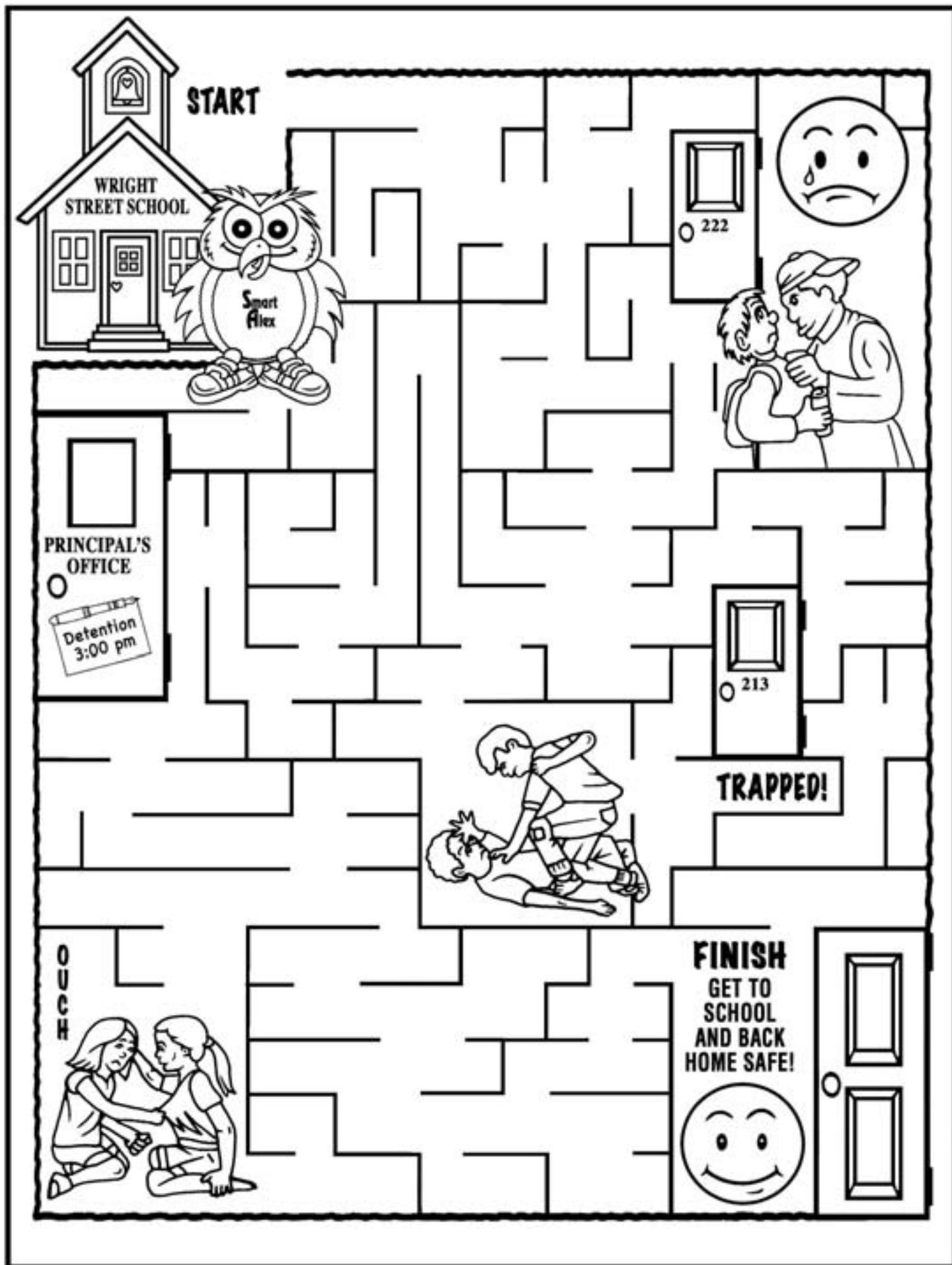
STOP BULLYING

S R E H C A E T S T N E R A P D G  
D T H R E A T S I G N O R E U E R  
N P U S H E D L A U Q E N V N B O  
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R F R I E N D D G M N A J R I A S  
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L T E A A L B U L L Y I N G I N E  
P L N E E L A I C E P S M I K I L  
L U A T T O G E T H E R F L C R O  
E D E P P I R T G R O U P S I P N  
H A M A K I N G F U N O F N K U G

**Don't Be A Bully & Don't Allow Anyone To Bully You Or A Friend!**

Learn ways to work your way through your problems, just like you will work your way through this difficult word search!

ADULT ALONE BELONG BULLYING CLUBS COUNSELOR  
EQUAL FEAR FIGHT FRIEND GROUPS HELP HUMOR HURTING  
IGNORE I'M SPECIAL KICKING LAUGH LEARN MAKING FUN OF  
MEAN PARENTS PLAYGROUND PRINCIPALS PUNCHING  
PUSHED SAD SAFE SCHOOL STUDENTS TEACHERS  
TEAMS TEASE TELL SOMEONE THREATS TOGETHER THREATS



### ONE ANSWER TO BULLYING... Try Being A Friend!

Any kid who is bullied feels alone and left out. Try to be there for them! Kids, teachers and anyone on the school staff can show them that they care. Talk to them and make them feel welcome. You can introduce them to other friends, clubs, scouting or just give them someone to talk to at lunch!

That bully in the hall pushes me and teases me because of my accent.

Thanks for introducing me to your brother, Bob. I'm going to see him at the Boy Scouts tonight. I feel better already. Thanks for being my friends!

#### ANSWER KEY:

Page 9

Page 10



# BULLYING SURVIVAL TIPS

**If you're in a dangerous bullying situation - especially if you think it may lead to violence - You Must Tell An Adult NOW! Avoid being alone! Walk to school and to classes with as many friends or classmates as you can. There is safety in numbers!**

**DON'T FIGHT BACK!** There are other choices which "SMART ALEX" will list below.

The one thing you don't want to do is fight back. You can never be sure what the bullie's reaction will be. It might look cool in the movies when the good guy knocks out the bad guy with one punch, but in real-life, many bad things can happen. You're the one that's likely to get hurt. Violence just leads to more violence. You also don't know if the bully has any kind of weapon on him, or possibly a gang nearby. "SMART ALEX" suggests:



**IGNORE THE BULLY & WALK AWAY.** This can be very hard to do, even harder than just "losing it". Bullies love the attention they get from you and the gathering crowd. By walking away, you're saying that you don't care. Sooner or later, the bully will get bored and will probably stop bothering you. Walk away with your head held high!

**HOLD YOUR ANGER!** Yeah, I know, Whooo wouldn't be angry. Well, it's OK to be angry, just don't show it! If you get angry, curse, get all red in the face, or start to cry, you have made the bully very happy. So, even if you are very angry and upset, *don't show it!* If the bully teases you or calls you names, try to act as if it doesn't bother you. Bullies want a reaction! If they don't get one, then it's no longer fun to bully you. They may just give up.



**BE TRUE TO YOURSELF!** You'll never be able to control another person's actions, what they do, or what they say. You must be true to yourself and control your actions. Think about ways to feel good about YOU! Do things both in and out of school that you enjoy. Join clubs, take up horseback riding or martial arts. Join a school team, computer club or the marching band. Not only will you gain confidence, you'll make new friends.



**CONFIDE IN OTHERS!** Sometimes a real nasty bully just won't give up. "SMART ALEX" says, "If the bullying continues, you must tell a trusted adult." Often, adults in positions of authority: parents, teachers, school nurses, counselors, and school principals - can find ways to end a dangerous bullying problem without the bully ever learning how they found out about it! You are not being a "tattle-tale". You will be keeping yourself or a friend out of danger!

