

Stand Strong: Bully Response Guide

Help your child build confidence, use a Loud & Clear Voice, and know what to do when someone is being hurtful.



Name: _____ Week of: _____

1 MY SUPPORT TEAM

These are safe adults I can go to for help.

- | | |
|--|--|
| <input type="checkbox"/> Parent / Guardian | <input type="checkbox"/> Principal |
| <input type="checkbox"/> Teacher | <input type="checkbox"/> Trusted Family Member |
| <input type="checkbox"/> Coach | <input type="checkbox"/> Bus Driver |
| <input type="checkbox"/> School Counselor | <input type="checkbox"/> Other: _____ |

2 CONFIDENCE IS MY BEST DEFENSE...

- | | | |
|----------|-------------------------------------|--|
| 1 | Stand Tall | I keep my body calm, eyes up, and strong posture. |
| 2 | Use a Loud & Clear Voice | I can say, "Stop." or "That is not okay." |
| 3 | Move to Safety | I walk away and stay near safe people. |
| 4 | Tell a Trusted Adult | I get help from someone on my support team. |
| 5 | Keep Telling | If it keeps happening, I keep telling until someone helps. |

3 MY BULLY RESPONSE PLAN – I CAN DO THIS!

Talk through each situation with a parent or trusted adult.

Situation	Stance	Speed	Voice	Safe Adult	My Plan
Name-calling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Being left out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Pushing or bothering me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Mean messages online	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Someone says, "Don't tell"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
Another kid needs help	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

4 STRONG WORDS I CAN USE

- | | |
|--|---|
| <input type="checkbox"/> "Stop." | <input type="checkbox"/> "I am walking away." |
| <input type="checkbox"/> "That is not okay." | <input type="checkbox"/> "I need help." |
| <input type="checkbox"/> "Leave me alone." | <input type="checkbox"/> "I'm telling a trusted adult." |

5 PARENT TIP

- The best defense against bullies is confidence.
- Practice standing tall and using a Loud & Clear Voice.
- Thank your child for telling you.
- Help them make a plan and keep telling until someone helps.



Want more practice with confidence and a Loud & Clear Voice?
Learn more about age-appropriate training at Horizon ATA Martial Arts.



➤ *Live a Life You Are Proud Of!* ➤