

Parent Guide to Bully Response



A practical guide to help kids build confidence, use a Loud & Clear Voice, move to safety, and know when to get help.

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Why Confidence Comes First

At Horizon, we teach kids that a bully is someone around their age and size who is not being very nice and is trying to make someone feel smaller, scared, or left out.



Confidence is the best defense against bullies.

Confidence does not mean being mean back or starting a fight. It means standing tall, using eye contact, speaking with a Loud & Clear Voice, moving away from unsafe situations, and telling a trusted adult when needed.


These [bully response skills](#) are learned, practiced, and strengthened over time—both at home and in martial arts. When kids believe in themselves and trust their training, they are more prepared to handle tough moments with courage and calm.


Through [kids martial arts classes](#) and [ATA Tigers classes](#), children develop the mindset and tools they need to make safe choices, stand up for themselves, and support others. Your encouragement at home makes a big difference in their journey of [building confidence](#).




HORIZON LIFE SKILL CONNECTION

 Confidence

 Respect

 Self-Control

 Communication

 Discipline

 Responsibility

 Community



PARENT REMINDER

This guide is not about teaching kids to bully back. It is about helping kids know how to respond when someone is unkind, unsafe, or crossing a boundary.





The Horizon Bully Response Framework





 **Confidence First. Words Can Walk Away. Hands Are for Getting Free.**

1 Confidence First

Confidence starts before a bully situation happens. It is how your child carries themselves every day. Standing tall, eyes up, making eye contact, speaking clearly, and keeping body control all show confidence. It also means knowing trusted adults are there to help and believing they deserve respect.

Parent Scripts:


 "Confidence means you know your worth and you know what to do."


 "Stand tall, use your voice, and move to safety."

2 Words Can Walk Away

Name-calling, teasing, and mean comments usually do not require a fight. Your child can stand tall, use a Loud & Clear Voice if needed, say "Stop" or "That's not okay," walk away, stay near safe people, and tell a trusted adult if it continues.¹

Parent Scripts:


 "You can handle words with confidence."


 "Say it. Walk away. Stay safe. Tell an adult if it keeps happening."

3 Hands Are for Getting Free

If someone grabs, holds, blocks, pushes, corners, or will not let your child leave, that is different.

Parent Script:

 "You have the right to be safe. Use what you know to get free and get to help."

 **Family Rule: If someone puts their hands on you and will not let you leave, you are allowed to use just enough karate to get away.**



Stance.

Stand tall.
Feet ready.
Eyes up.
Hands up and open,
not fists.



Speed.

Move away quickly and create space.



Voice.

Use a Loud & Clear Voice:

- "Stop!"
- "Back up!"
- "Let go!"
- "I need help!"



Parent Guide to Bully Response

Practical tools to help kids build confidence, respond safely, and know when to get help.



What Kids Can Do in Common Bully Situations

Help your child build an action plan for different situations and practice these steps together. These strategies are aligned with PACER's National Bullying Prevention Center guidance.²

<p>1</p>  <p>Name-calling or teasing</p>	<p>What your child can do:</p> <ul style="list-style-type: none"> ✓ Stand tall and keep your body calm. ✓ Use eye contact if it feels safe. ✓ Say "Stop" or "That's not okay." ✓ Walk away. ✓ Tell an adult if it keeps happening. 	<p>Strong words to practice:</p> <p>"Stop." "That's not okay." "I don't like that." "I'm walking away."</p>
<p>2</p>  <p>Being left out</p>	<p>What your child can do:</p> <ul style="list-style-type: none"> ✓ Find a kind friend. ✓ Join a different activity. ✓ Tell an adult if it happens again and again. ✓ Remember: being left out does not define you. 	<p>Strong words to practice:</p> <p>"Can I join?" "Let's play something else." "I'm going to do my own thing." "I'm okay, I've got this."</p>
<p>3</p>  <p>Pushing, bothering, or blocking</p>	<p>What your child can do:</p> <ul style="list-style-type: none"> ✓ Put your hands up and open. ✓ Use a Loud & Clear Voice. ✓ Say "Stop" or "Back up." ✓ Move away quickly. ✓ Tell a trusted adult. 	<p>Strong words to practice:</p> <p>"Stop." "Back up." "Don't touch me." "I'm going to walk away."</p>
<p>4</p>  <p>Mean messages online</p>	<p>What your child can do:</p> <ul style="list-style-type: none"> ✓ Do not respond with mean words. ✓ Save or screenshot the messages. ✓ Tell a parent or trusted adult. ✓ Block or report when appropriate. ✓ Step away from the screen. 	<p>Strong words to practice:</p> <p>"I'm not going to respond." "I'm telling an adult." "I'm blocking you." "I choose to step away."</p>
<p>5</p>  <p>Someone says "Don't tell"</p>	<p>What your child can do:</p> <div style="border: 1px solid orange; padding: 5px; margin-bottom: 10px;"> <p>⚠ Safe adults do not ask kids to keep unsafe secrets.</p> </div> <ul style="list-style-type: none"> ✓ Tell a trusted adult and keep telling until someone helps. 	<p>Strong words to practice:</p> <p>"I'm going to tell a grown-up." "I don't keep secrets that can hurt." "I need help."</p>
<p>6</p>  <p>Another kid needs help</p>	<p>What your child can do:</p> <ul style="list-style-type: none"> ✓ Stand near the child if it is safe. ✓ Invite them to walk away. ✓ Tell an adult. ✓ Say "That's not okay" if safe. ✓ Never join in laughing or excluding. 	<p>Strong words to practice:</p> <p>"That's not okay." "Come with me." "I'll get an adult." "You don't deserve that."</p>



Practice Makes a Difference

Role-play these situations at home. Practice calm, strong body language and Loud & Clear Voice. Build confidence together so your child feels prepared to respond and support others safely!



Parent Guide to Bully Response

What Parents Should Do







Your support makes a huge difference. Here are steps you can take to help your child feel safe, supported, and empowered.

1 START BY LISTENING

Children may feel embarrassed, scared, angry, or worried that telling will make things worse. Listening with patience and care builds trust.

Helpful things to say:

-  “Thank you for telling me.”
-  “I am glad you came to me.”
-  “You are not in trouble.”
-  “We will figure this out together.”



2 ASK HELPFUL QUESTIONS

Use open-ended questions to understand what’s really going on.

- What happened?
- Where did it happen?
- Who was there?
- Has this happened before?
- What did you do?
- Did anyone help?
- Do you feel safe going back?

AVOID THESE QUESTIONS

- Why didn’t you stop them?
- What did you do to make them mad?
- Why didn’t you tell me sooner?

4 WHEN TO INVOLVE THE SCHOOL OR ANOTHER ADULT

It’s important to seek help when:

- The behavior is repeated.
- Your child feels unsafe.
- There is physical contact.
- There are threats or harmful online messages.
- Your child avoids school or activities.
- You notice changes in mood, sleep, or appetite.
- Strategies you’ve tried aren’t working.

3 MAKE A PLAN

Work together on simple steps your child can take.

- Practice a Loud & Clear Voice.
- Choose where to sit or play.
- Stay near friends and kind peers.
- Identify trusted adults to ask for help.
- Report repeated behavior—don’t keep it a secret.
- Document incidents so patterns are clear.
- Ask a school or activity leader for help.
- Adjust online settings and privacy.
- Block or report harmful messages.

5 DOCUMENT REPEATED INCIDENTS

Write down key details as soon as possible, including:

- Date and time
- Location
- Who was involved
- What happened
- Who saw it (witnesses)
- Who was told
- Follow-up or action taken



PARENT REMINDER: Do not tell your child to “just ignore it” if the behavior is repeated, threatening, physical, or emotionally harmful.



Parent Guide to Bully Response



Make Bully Response an Annual Family Conversation

Bully response is not a one-time talk. As kids grow, their friendships, school environment, online access, and independence change. Keep the conversation going so your child is prepared at every stage.



The family plan should grow with the child.

1



REVIEW YOUR FAMILY BOUNDARIES

- Talk each school year about what is acceptable and what is not.
- Define what counts as teasing, mean behavior, bullying, or unsafe behavior.
- When to walk away and when to use a Loud & Clear Voice.
- When and how to tell a trusted adult.
- What to do if someone grabs, holds, blocks, or will not let them leave.
- What to do if they see someone else being bullied.
- What to do with mean messages or group chats.

2



ADJUST THE CONVERSATION BY AGE

- Younger children: name-calling, being left out, hands-on playground issues, telling a teacher, finding a safe adult.
- Older children: social pressure, rumors, online messages, exclusion, embarrassment, situations where no adult is nearby, knowing when to involve parents or school staff.

3



IDENTIFY THIS YEAR'S SUPPORT TEAM

- Build a team of trusted adults your child can go to, including: parents, teachers, school counselor, principal, bus driver, coach, instructor, grandparent, or family friend.

4



PRACTICE THE WORDS BEFORE THEY NEED THEM

- "Stop."
- "That's not okay."
- "Back up."
- "Do not touch me."
- "I need help."
- "I do not keep unsafe secrets."
- "I'm walking away."
- "Come with me. Let's tell an adult."



PARENT SCRIPT

"Every school year brings new situations. Let's talk about what is okay, what is not okay, and what you can do if someone crosses a line."



If someone puts their hands on you and will not let you leave, **you are allowed to use just enough karate to get away.**





Using the Stand Strong Guide and Related Resources



1 Use this guide with: Stand Strong: Bully Response Guide

The *Stand Strong Guide* is the main matching worksheet for this parent guide. It helps children name their support team, understand confidence as their best defense, and make a plan for common bully situations.

How to use it:

- Start with the support team.
- Practice confidence out loud.
- Talk through common situations.
- Keep the tone empowering.



2 Related Horizon Parent Resources

Stand Strong: Bully Response Guide
Bully away that bully or get backup to take action & clear things to go!

Name: _____ Week of: _____

1 MY SUPPORT TEAM
 These are adults I can go to for help.
 Parent / Guardian Principal
 Teacher School Family Member
 Coach Bus Driver
 School Counselor Other _____

2 CONFIDENCE IS MY BEST DEFENSE
 1. **Stand Tall** - Stand up, feet apart, shoulders and hips square.
 2. **Use a Loud & Clear Voice** - Hear you, "Hey!" or "Hello, I can help!"
 3. **Have an Escape Route** - Look for ways out of any situation.
 4. **Get a Friend's Help** - Get help from someone you trust.
 5. **Keep Talking** - If someone is ignoring, keep talking and someone will help!

3 MY BULLY RESPONSE PLAN - I CAN DO THIS!
 Name: _____ Situation: _____ Severity: _____ Support: _____ Victim: _____ Link to Help: _____ Try Plan: _____

4 STRONG WORDS I CAN USE
 "Stop!" "I am walking away."
 "That's not okay!" "I need help!"
 "Leave me alone!" "You talking to me about what?"

5 PARENT TIP
 • This type of behavior requires a response.
 • Practice walking away with a friend.
 • Practice shouting for help.
 • Teach your child to walk away.
 • Praise them more at the end of the walk away with someone's help.

1. Stand Strong: Bully Response Guide

Main matching worksheet. Build a support team, use your best defenses, and make a plan.

Confidence Challenge for Kids
A fun 7-day challenge to help kids build courage, practice self talk, and belief in themselves.

Name: _____ Week of: _____

1 MY CONFIDENCE GOAL
 This week, I want to grow my confidence by...
 Saying nice things
 Speaking up
 Using a brave voice
 Standing up myself
 Keeping a positive attitude
 Other _____

2 7-DAY CONFIDENCE CHALLENGE
 Day 1: Say one good thing about yourself.
 Day 2: Try something that feels a little hard.
 Day 3: Use a strong, clear voice.
 Day 4: Help someone or show kindness.
 Day 5: Practice a skill for 10 minutes.
 Day 6: Do something without giving up.
 Day 7: Celebrate how much you've grown.

3 HOW I FELT Color a star each day to show how you felt!

Day	I Felt My Best	I Felt Brave	I'm Proud Of Myself!
Day 1 (Sun)	★	★	★
Day 2 (Mon)	★	★	★
Day 3 (Tue)	★	★	★
Day 4 (Wed)	★	★	★
Day 5 (Thu)	★	★	★
Day 6 (Fri)	★	★	★
Day 7 (Sat)	★	★	★

Live a Life You Are Proud Of!
 Horizon ATA Martial Arts | Parent Resources | horizonata.com

2. Confidence Challenge for Kids

A 7-day challenge to build courage, brave self-talk, a strong clear voice, and celebrate effort.

Friendship & Kindness Worksheet

Name: _____ Week of: _____

1 MY EMERGENCY GOAL
 These are goals that I will work on:
 Being kind words Sharing and helping
 Including others Encouraging others
 Listening when others speak Other _____
 Helping someone

2 KNOWING MEANS I CAN...
 1. **Use kind words** - I can speak kindly and calmly and using positive words.
 2. **Include others** - I can say "Come to play with us!"
 3. **Listen and care** - I can pay attention when someone is talking or being sad.
 4. **Help others** - I can reach those someone needs help and cheer them up.
 5. **Be a strong friend** - I can reach someone who may not want to be included.

3 MY FRIENDSHIP PLAN - I CAN DO THIS! *Practice kindness or stand up for!*

Situation	Kind Choice	I Can Say / Do
Someone is sitting alone	Include them	Do you want to join us?
A friend looks sad	Show care	Are you okay?
I want a turn	Use respectful words	Can I have a turn next?
Someone makes a mistake	Encourage them	It's okay, try again!
I see someone left out	Show community	Come play with us!

4 WHO'S SHOWED KINDNESS
 1. _____
 2. _____

5 PARENT TIP
 • Use kind words often.
 • Practice listening and helping.
 • Encourage someone who is helping.
 • Model kindness at home.

3. Friendship & Kindness Worksheet

Practice inclusion, kindness, helping someone left out, and being a strong friend.



3 Horizon Connection

At Horizon ATA, students practice confidence, discipline, respect, self-control, and communication every week. They learn to use their voice, control their body, move with purpose, and treat others with respect.



Want your child to practice confidence, self-defense, and life skills in a positive environment? Learn more about the New Student Experience at Horizon ATA Martial Arts.



4 Helpful Sources

1. StopBullying.gov. (2022, March 8). *What kids can do*. U.S. Department of Health and Human Services. <https://www.stopbullying.gov/kids/what-you-can-do>
2. PACER Center. (n.d.). *Helping your child*. PACER's National Bullying Prevention Center. <https://www.pacer.org/bullying/parents/helping-your-child/>



5 Educational Note

This guide is for educational support and a general parent guidance. It is not a substitute for medical, mental health, legal, school-specific, or law-enforcement advice. If your child is being threatened, physically harmed, harassed, or made to feel unsafe, contact the appropriate school, organization, or local authority for immediate support.

➤ *Live a Life You Are Proud Of!* ➤