



# Seven Smart Tips for 'Buddies not Bullies' Become Bully Proof!

By Master Instructor Geoff French

1. **Ignore the Bully!** Listen to the threats, but don't react. Tell yourself that you don't have to get back at the bully. That is exactly what they want. Ignore them!
2. **Agree with the Bully!** If the bully calls you names, agree! Let the insults go - Don't fight back. Again it is what they want you to do.
3. **Be nice to the Bully!** Treat the bully as a friend instead of an enemy. You can turn a threatening situation into a friendly one. This is the power of a good martial artist.
4. **Understand the Bully!** The Bully is just a person like you. But they usually have pain and make themselves feel good by picking on weaker people. Understand this and try to reason with the Bully.
5. **Walk away!** Don't get into it - just walk away. This takes the wind out of the bully's sails.
6. **Refuse to Fight!** The winner of a fight is the one who prevents it. Stick up for yourself but just say—  
'I don't want to fight! I don't want any trouble!'
7. **Call for Help!** Call a teacher, a friendly adult, a police officer or any one who can help you stop a fight before it happens!

*If you choose to fight, then you have already lost!*



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