



IMPROVING
YOUR
SOCIAL SKILLS

DON'T BE A BULLY



Crabtree
Branches

VICKY BUREAU

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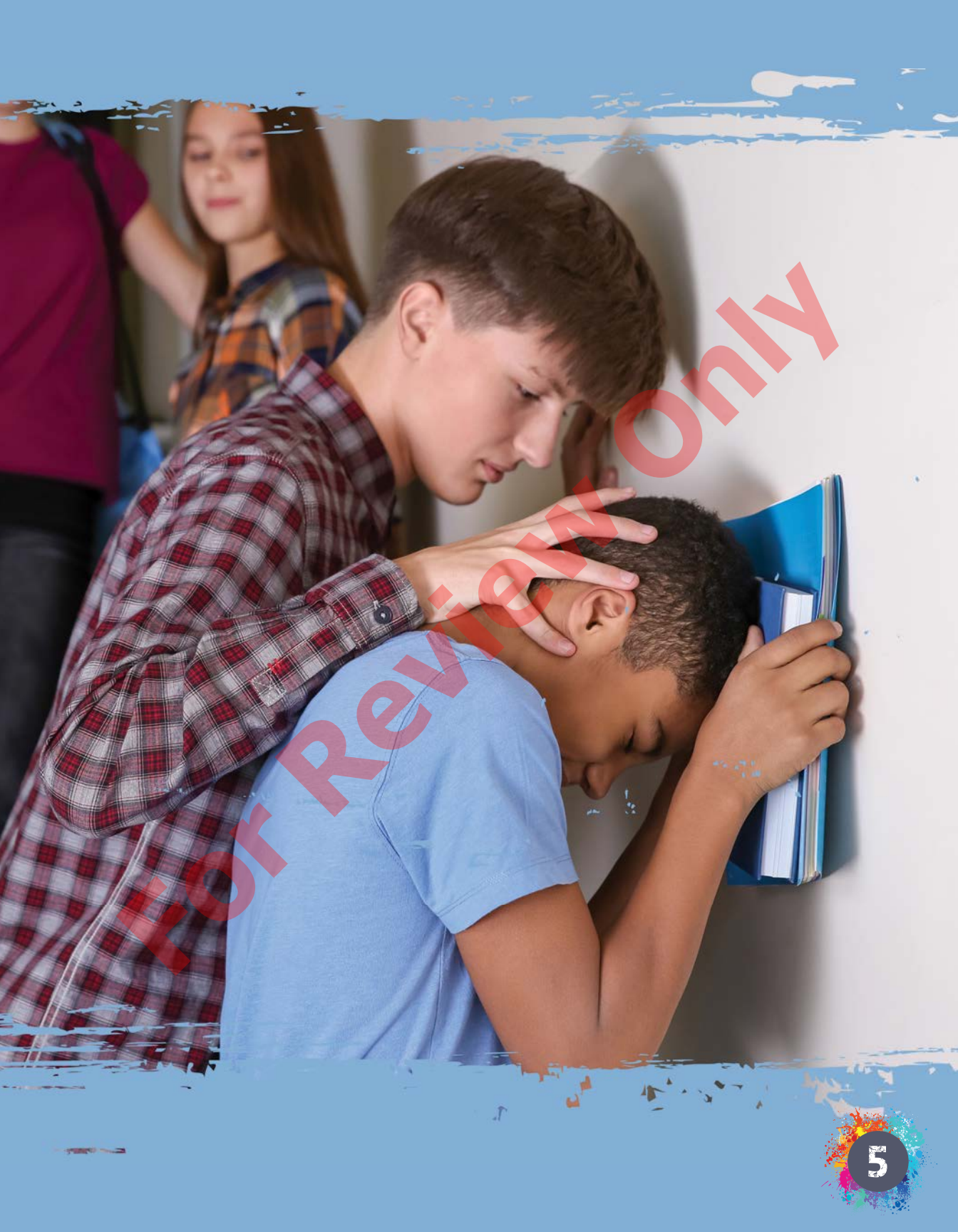
WHAT IS A BULLY?

What does the word **bully** mean to you?

We all make bad choices sometimes. We may say or do something unkind. Does that make you a bully? One unkind act does not make a bully. An apology can make that right.

A bully is someone **who tries to** hurt, scare, or **embarrass** others on purpose. A **bully will** act this way over and **over** again without being **provoked**. They will also try to **make** you feel powerless to stop it.





UNDERSTANDING EMOTIONS

Have you ever felt so angry, sad, or excited that you acted in a way that could hurt others? Let's talk about **emotions** and how **extreme** emotions can lead to behaviors that can hurt others.

We all feel emotions. These are the feelings that we experience throughout the day. Emotions play an important role in **how** we behave. However, when we experience extreme emotions, sometimes it is **hard** to calm down and do or say the right thing.





DID YOU KNOW?

When you get stuck in a pattern of negative behavior, ask for help to turn that pattern into positive behavior.

WHAT MAKES A BULLY?

No one is born a bully. There are many reasons people become bullies. Some people want to feel powerful or important. Some don't care about, or have trouble understanding, the feelings of others. Some bullies learned this behavior when they were bullied themselves.

When somebody experiences extreme emotions and does not know how to stop them or get help, that person may find themselves feeling frustrated, lonely, angry, sad, or overly excited. These emotions can lead to bullying behavior to make the person feel in control again.





DID YOU KNOW?

Seeking the help of someone else when you are being bullied significantly decreases the likelihood of conflict.