

BULLYING RULES

The A.R.M. Approach

We use the A.R.M. Approach to give our students complete physical and mental preparation by teaching them three "lines" of self-defense. Once your child understands all three, they then can determine which line of defense they will call upon in their particular situation.

Avoid - The ability to recognize and avoid conflict before it begins. Students should use mental self-defense skills to avoid conflict.

Resolve - The ability to resolve conflict if it cannot be avoided. Students should attempt nonviolent verbal skills to resolve the conflict.

Manage - The ability to manage the conflict if it cannot be avoided or resolved. Student may call upon physical self-defense skills to humanely end the conflict.



When we A.R.M. our students with these choices, they have the full set of self-defense skills, both mental and physical, to help them with conflict intelligently and effectively.

Rules of action for kids who are targets:

1. **Ignore the Bully**—Listen to the threats, but don't react. Simply walk away. Let the insults go, don't fight back.
2. **Agree with the Bully** - If the bully calls you names, agree! Say, "maybe so" or "You could be right."
3. **Be Nice to the Bully** - Treat the bully as a friend instead of an enemy. Offer to help the bully with a subject. Ask bully for help on a subject.
4. **Use Humor** - You can turn a threatening situation into a funny one. Laugh it off, Use Humor, Have a comeback. Throw the bully off guard by telling a funny joke, or saying something that you know the bully will find laughable. You want to make fun, but not make fun of the bully.
5. **Be Clever** - Use your imagination to cleverly resolve conflict. When a bully threatens to touch you in some way, you can say you have poison ivy or a rare skin disease. Stay in safe areas at school where there are plenty of other people. Bullies do not like witnesses. If you are scared of being attacked walking home, vary your route, try to leave earlier or later, try to walk with other people who live near you.

BULLYING RULES

Rules of action when kids are unable to resolve bullying:

1. **Get Help** - Tell a friend, Tell a teacher, and Tell your parents. Get an older brother, sister or friend to help you. Get a group of friends to help you. Ask a witness to report the bully. If you are hurt, tell a teacher and ask for it to be written down. If it is too hard to do in person, write a note to your parents explaining how you feel, or tell someone outside your immediate family, like a grandparent, aunt or uncle and ask them to help you tell your parents.
2. **Take a Stance** - Be Strong and Assertive! Ask questions, "Why do you want to hurt my feelings?" Tell the bully you are prepared to defend yourself if you are attacked. As a last resort, take a strong stance. Never let a bully harm you physically, always try to get away!

Adopted from Bully Buster System by Dr. Terrence Webster-Doyle

