

What **YOU** Can Do About Bullying



HEY!

DO YOU WANT TO DO
SOMETHING ABOUT
BULLYING?

THERE'S LOTS
YOU CAN DO.
JUST TURN THE
PAGE!

by
**Max
& Zoey**

START HERE

HI! MY NAME
IS ZOEY.

AND I'M
MAX.

WE'RE HERE
TO TALK ABOUT
BULLYING.

TAKE ACTION!

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LEARN THE
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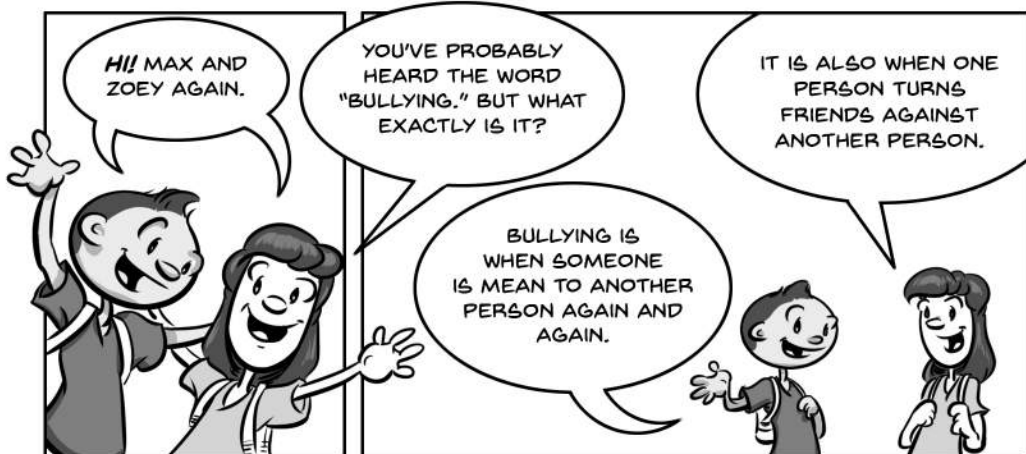
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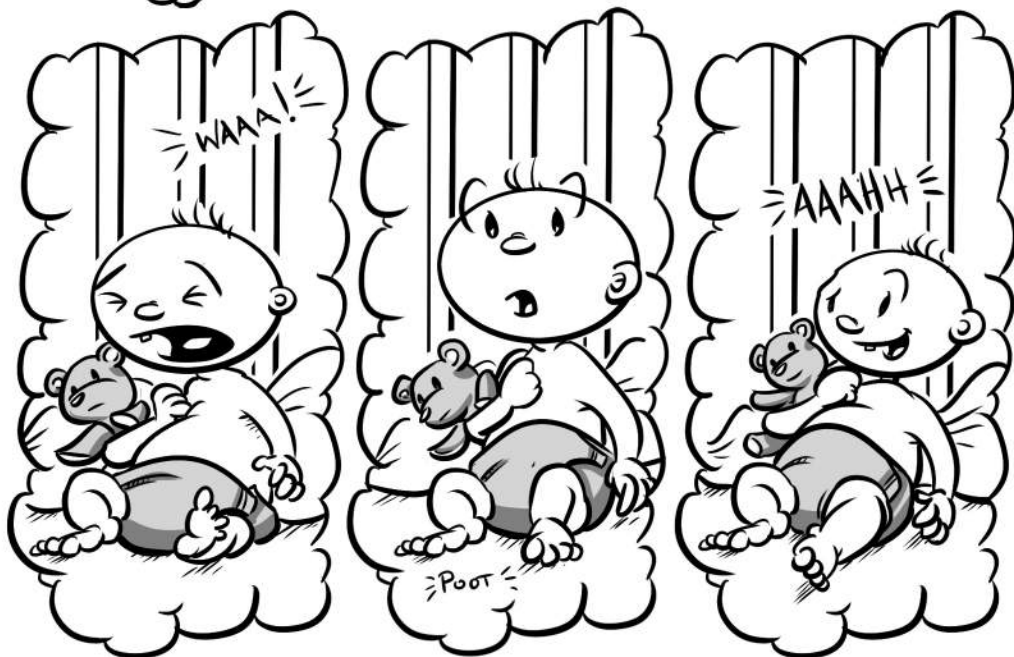
THIS GUIDE
CAN SHOW YOU
HOW TO DO
ALL THESE THINGS!

K-2 READERS



If Name-calling Makes You Upset





SO IF YOU AREN'T WHAT
THE PERSON SAYS YOU
ARE, AND YOU KNOW
THAT PERSON ISN'T
TELLING THE TRUTH,
THEN WHY GET
UPSET?



SOMETIMES
PEOPLE CALL OTHERS NAMES
JUST TO MAKE THEM UPSET.
IF A PERSON DOES NOT GET
UPSET, THE PERSON DOING THE
NAME-CALLING WILL STOP.



AND THE BEST WAY TO SHOW YOU
ARE NOT UPSET IS TO LAUGH, OR EVEN TURN
THE NAME INTO A GAME OR A POEM.

IF SOMEONE IS BOTHERING
YOU, FOR EXAMPLE BY
CALLING YOU A NAME,
REALIZE THAT THE
PERSON MAY BE
DOING IT JUST TO
MAKE YOU UPSET,
AND IF YOU DON'T
GET UPSET, THE
PERSON WILL STOP.



BULLYING BASICS

LET'S
TALK ABOUT THE
BASICS OF BULLYING.
WHAT EXACTLY IS
BULLYING?

WE ALL
KNOW WHAT
PEOPLE DO TO
BULLY ANOTHER
PERSON. THEY...

CALL NAMES



MOCK



**MAKE MEAN
REMARKS ABOUT
APPEARANCE**



**MAKE MEAN
REMARKS ABOUT
SKIN COLOR**



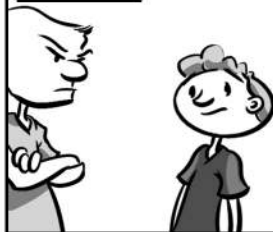
**MAKE MEAN
REMARKS ABOUT
RELIGION**



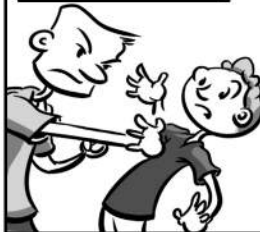
INTIMIDATE



GLARE



PUSH/SHOVE



EXCLUDE



WHISPER



SPREAD RUMORS





Important Definitions

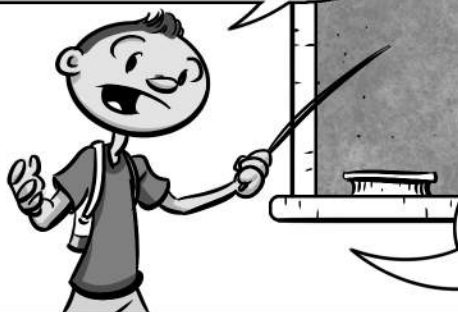
DON'T WORRY, THERE WON'T BE A QUIZ! BUT THESE WORDS WILL BE USED THROUGHOUT THE GUIDE, SO IT HELPS TO KNOW THEM.



WE DON'T CALL THE PERSON A "BULLY" SINCE THAT TERM IS A LABEL AND DOES NOT FULLY DESCRIBE THE PERSON.

AGGRESSOR:

Person who does the bullying.



"AGGRESSOR" IS USED BECAUSE THE PERSON DOING THE BULLYING IS USING "AGGRESSIVE" BEHAVIOR, AND BECAUSE ANYONE CAN USE AGGRESSIVE BEHAVIOR, ANYONE CAN BE AN **AGGRESSOR**.

A **TARGET** IS THE PERSON WHO IS HARMED BY THE BULLYING BEHAVIOR.

TARGET:

Person who is being bullied.

ANYONE CAN BE A **TARGET** OF BULLYING BEHAVIOR, SO A MORE ACCURATE TERM FOR A PERSON HARMED BY BULLYING IS "AFFECTED TARGET." BUT TO KEEP THINGS SIMPLE, FOR THE REST OF THE GUIDE, WE'LL SIMPLY CALL A PERSON HARMED BY BULLYING A "TARGET."



Why Do People Bully?



SOME PEOPLE WHO BULLY DO NOT INTEND TO BE HURTFUL, BUT OTHERS DO. SO WHY DO PEOPLE BULLY?

BELIEVE IT OR NOT, BULLYING IS HUMAN. ALTHOUGH MANY PEOPLE DO NOT BULLY OTHERS, MOST PEOPLE USE BULLYING BEHAVIOR FROM TIME TO TIME.

BULLYING HAS BEEN AROUND SINCE HUMANS FIRST WALKED THE EARTH AND THROUGH ALL HISTORIC ERAS.

CHECK OUT THESE AGGRESSORS:





To
RETALIATE
for an actual
or perceived
offense

TO GET A FEELING OF
POWER
OVER ANOTHER PERSON

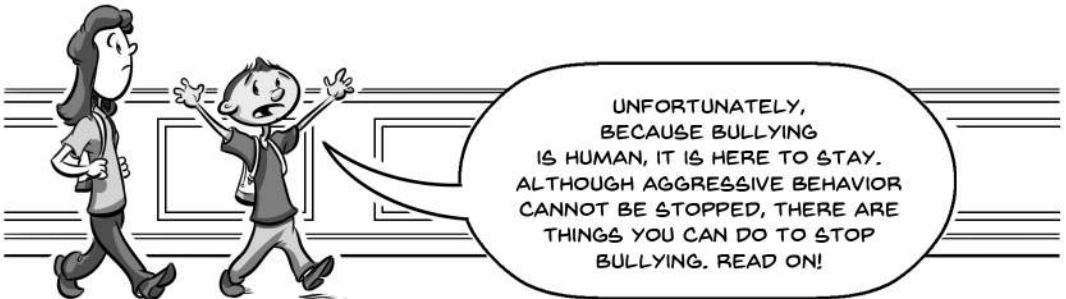
TO EXCLUDE
IN ORDER TO REAFFIRM A GROUP'S
MEMBERSHIP OR MAKE SOMEONE FEEL
LIKE HE OR SHE NO LONGER BELONGS

As a way
for the
aggressor
to
**GET
SOME-
THING**

TO BE
**MORE
POPULAR**
OR MAKE NEW
FRIENDS

For fun and to
**MAKE
OTHERS
LAUGH,**
which gives a feeling
of being superior

Because of an **ANGER PROBLEM**
or other psychological condition



How People Bully and the

**TOP SECRET
FACTS**

They Don't Want You to Know

KNOWING HOW BULLYING WORKS IS IMPORTANT, AS IT THEN ALLOWS INTENDED TARGETS TO PREVENT IT FROM HAPPENING IN THE FIRST PLACE AND TO STOP IT FROM HAPPENING IF IT IS IN PROGRESS.

THERE ARE THREE KEY WAYS THAT PEOPLE BULLY: PHYSICAL INTIMIDATION, THE USE OF CHARACTERISTICS, AND HARMING FRIENDSHIPS.

PHYSICAL INTIMIDATION

AGGRESSORS SCARE TARGETS BY MAKING THEM THINK THEY WILL BE PHYSICALLY HARMED.

THE AGGRESSOR CAN MAKE THREATS...

...STAND IN AN INTIMIDATING WAY...

...GIVE MEAN LOOKS...

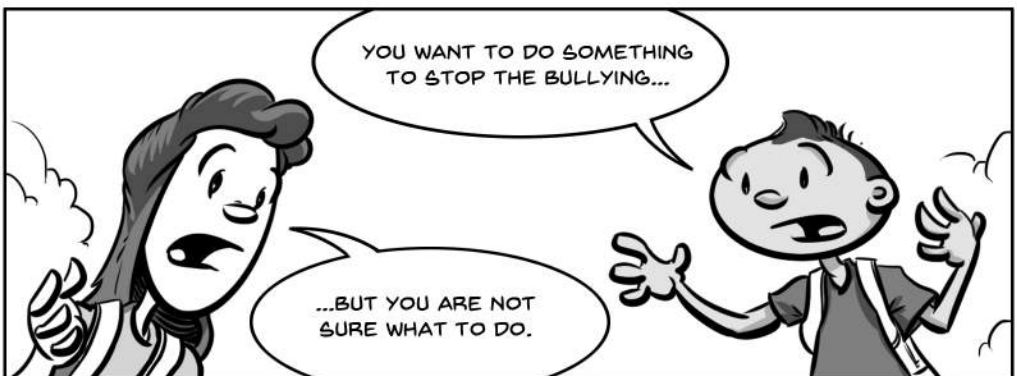
...AND PUSH AND SHOVE THE TARGET.

THIS IS TYPICAL OF "BOY BULLYING."

YOU MEAN "DOMINANCE AGGRESSION."

BUT HERE'S THE SECRET:

DOING SOMETHING ABOUT BULLYING: BYSTANDER INTERVENTION



BULLYPROOF YOURSELF:

How to Keep Others from Bullying You

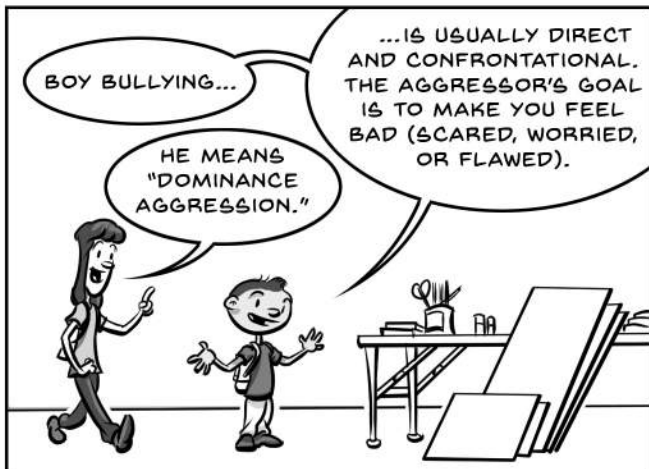
LET'S TALK ABOUT HOW YOU CAN STOP SOMEONE FROM BULLYING YOU.



BOY BULLYING...

HE MEANS "DOMINANCE AGGRESSION."

...IS USUALLY DIRECT AND CONFRONTATIONAL. THE AGGRESSOR'S GOAL IS TO MAKE YOU FEEL BAD (SCARED, WORRIED, OR FLAWED).



THE BULLYING BEHAVIOR SUCCEEDS WHEN IT MAKES YOU FEEL BAD (AND THE AGGRESSOR CAN SEE IT) AND FAILS WHEN IT DOES NOT. SO HOW YOU REACT TO THE BULLYING DETERMINES WHETHER OR NOT IT SUCCEEDS. IF YOU DON'T FEEL BAD, OR FEEL BAD BUT DON'T SHOW IT, THE AGGRESSOR GETS NO SATISFACTION AND THE BULLYING FAILS.

SUCCEEDS: YOU FEEL SAD, SCARED, OR FLAWED. AGGRESSOR FEELS GOOD.

FAILS: YOU ARE NOT OR DON'T APPEAR AFFECTED. AGGRESSOR GETS NO SATISFACTION.



RELATIONAL AGGRESSION...

ALSO KNOWN AS "GIRL BULLYING."

...IS DIFFERENT. RELATIONAL AGGRESSION IS OFTEN COVERT, SO YOU DON'T KNOW IT IS HAPPENING UNTIL DAMAGE HAS BEEN DONE. BECAUSE OF THAT, THE BEST WAY TO DEAL WITH RELATIONAL AGGRESSION IS TO PREVENT IT FROM HAPPENING IN THE FIRST PLACE. BUT IF IT DOES START, THERE ARE THINGS YOU CAN DO TO STOP IT.



GETTING BULLYING TO STOP!

YOU'RE BEING BULLIED. IT'S HARD TO ADMIT, EVEN TO YOURSELF. YOU MAY FEEL LIKE THERE IS SOMETHING WRONG WITH YOU OR THAT THE BULLYING IS YOUR FAULT. YOU MAY FEEL LIKE YOU ARE WEAK OR UNPOPULAR. YOU MAY HAVE LOST YOUR FRIENDS, OR FRIENDS MAY NOW BE EXCLUDING YOU, AND YOU HAVE NO IDEA WHY. YOU MAY FEEL LOST, ALONE, OR SCARED. WHAT SHOULD YOU DO?



FIRST, YOU NEED TO REALIZE THAT **THE BULLYING IS NOT YOUR FAULT.** NO MATTER WHO YOU ARE, WHERE YOU ARE FROM, WHAT YOU LOOK LIKE, OR WHAT YOU BELIEVE IN, NO ONE DESERVES TO BE BULLIED. YOU ARE BEING BULLIED BECAUSE SOMEONE OR A GROUP OF PEOPLE ARE BEING MEAN TO YOU.



SECOND, YOU NEED TO BELIEVE THAT **YOU ARE NOT FLAWED.** IF YOUR AGGRESSOR MAKES FUN OF SOME PART OF YOU--FOR EXAMPLE, A PART OF YOUR BODY, YOUR ETHNICITY, OR YOUR RELIGION--THAT DOES NOT MEAN ANYTHING IS WRONG WITH YOU. EVERYBODY IS UNIQUE IN SOME WAY, EVEN AGGRESSORS! BUT AGGRESSORS WILL USE ANYTHING AS AN EXCUSE TO BULLY. SO YOU MUST UNDERSTAND AND BELIEVE THAT YOU AREN'T FLAWED; THE AGGRESSOR JUST WANTS TO HAVE AN EXCUSE FOR BEING MEAN.



TRAINING YOUR ADULT HELPER



HEY, ADULT!

IF A YOUNG PERSON HAS JUST PRESENTED YOU WITH THIS BOOK, THIS PERSON HAS A PROBLEM AND NEEDS YOUR HELP. PLEASE PLEASE PLEASE SIT WITH THIS PERSON AND READ THIS SECTION. THIS PERSON NEEDS YOUR SUPPORT, AND THE NEXT FEW PAGES WILL TELL YOU HOW YOU CAN DO IT. ARE YOU SITTING WITH THE PERSON IN A QUIET ROOM WITH NO DISTRACTIONS?

IF SO, PLEASE
CONTINUE READING.



WE'RE MAX AND ZOEY,
AND WE'RE HERE TO TALK ABOUT THE
WRONG WAYS AND RIGHT WAYS TO
HELP SOMEONE WHO IS
BEING BULLIED.



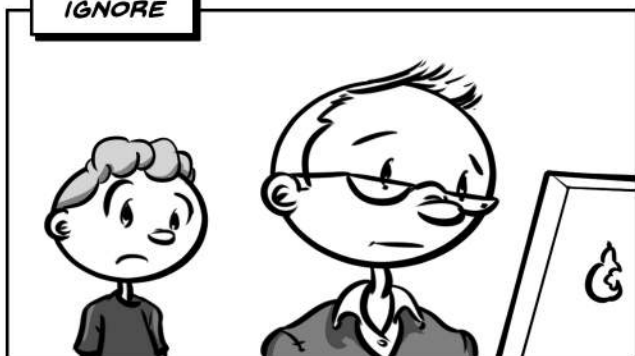
HELPING SOMEONE AFFECTED BY BULLYING



Wrong Ways to Respond



IGNORE



ADULTS SOMETIMES
DON'T LISTEN.



DISMISS PROBLEM AS UNIMPORTANT



IF IT ISN'T
IMPORTANT, WHY
WOULD WE BRING
IT UP?



LEGAL MUMBO JUMBO SECTION

ALL NAMES, PEOPLE, AND PLACES MENTIONED, DESCRIBED, AND DEPICTED IN THIS BOOK ARE FICTIONAL. ANY RESEMBLANCE TO ACTUAL NAMES, PEOPLE, AND PLACES IS ENTIRELY COINCIDENTAL.

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MORE INFORMATION

THIS COMIC IS A COMPONENT OF THE *CIRCLEPOINT BULLYING PREVENTION PROGRAM*, A COMPREHENSIVE PROGRAM FOR SCHOOLS AND ORGANIZATIONS THAT EMPOWERS ALL COMMUNITY MEMBERS WITH ROLE-APPROPRIATE ACTIONS AND STRATEGIES TO PREVENT, REDUCE, AND STOP BULLYING THAT WORK AT THE INDIVIDUAL, PEER GROUP, ORGANIZATION, AND COMMUNITY LEVELS. FOR MORE INFORMATION ON THE PROGRAM AND MATERIALS, INCLUDING A FREE BULLYING PREVENTION GUIDE FOR PARENTS, PLEASE VISIT THE CIRCLEPOINT PROGRAM WEBSITE.

WWW.CIRCLEPOINTPROGRAM.ORG



What YOU Can Do About Bullying By Max & Zoey

Publication Information

Reviews:

“An empowering comic book focuses on how to prevent and deal with bullying. . . Appealing, concrete, and easy-to-follow suggestions for kids—and adults—in dealing with challenging relationships.” - *Kirkus Reviews*

“A very well designed book to help youth learn bullying prevention strategies through a decision-making process as they go through the book.” - Ming Sun, MPH, MCHES, Health Educator, Massachusetts General Hospital Community Health Associates

“[The book] enabled me to provide such important information to my students in a way that was engaging and fun for them.” - Tara Williams, MA/CAGS, School Psychologist, Woburn Public Schools, Massachusetts

Summary: This comic book-style guide teaches students in grades 3–6 how to prevent and stop bullying on their own or with adult help. Ostensibly written by the two title characters, the guide covers bullying basics, ways to get bullying to stop (for both targets and bystanders), what to do if you are being bullied, and how to get an adult to help the right way. The two title characters explain and demonstrate the concepts, providing students with easy-to-follow examples they can apply to their own bullying problems. The guide also contains a special section for students in grades K–2, designed to be read with an adult, which covers friendship basics and prepares students for the aggression they will face in the upper grades. The guide is designed to appeal to boys and girls and covers both dominance and relational aggression. Note: black and white illustrations.

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To Order: Available direct from CirclePoint via purchase order, Follett, Brodart, Ingrams, Baker & Taylor, Amazon, B&N, and other distributors and retailers

Note: A parallel guide (non-illustrated), titled *All About Bullying*, covering the same information as *What YOU Can Do About Bullying By Max & Zoey*, is available for students in grades 7–12.