

# The 3 Steps on How to End Bullying

Have you ever felt afraid to go to class or to walk in the hallways of your school?

Are recess and lunch your least favorite times of the day?



Typically we are taught that bullies are the bad guys and that we should push them out of society and exclude them, but that just makes us a different type of bully. What I am about to share with you is a different kind of approach that I have seen work time and time again to end a situation where one feels bullied.

It starts with the three C's: **Commit**, **Create** and **Celebrate**.

→ **Commit** to yourself that you are worth standing up for. **YOU ARE!** This starts with committing to building up your self esteem and your self confidence. You can join [Ally's Bully Buster Facebook group](#) for guidance on building your self esteem and feeling good about who you are. In Facebook, search Ally's Bully Busters and request to join the group.

❑ Don't give the person whom you feel is bullying you, power. For example: When someone says you are stupid or annoying and that hurts you, it is not because you are stupid or annoying. It's because you **believe** you are stupid or annoying. When you don't **believe** these words, it's like the bully coming up to you and saying that your hair is purple, when in reality you have brown hair. When you don't **believe** in what other people tell you, it takes away all of their power.

Getting started with raising your self esteem:

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- ❑ Identify your thoughts. Notice what you say to yourself. Grab a piece of paper and write out all the talking that goes on in your head: "I'm ugly, I'm beautiful, I'm not smart, I'm a genius, nobody loves me, everyone loves me, I'll never be good enough, I am the star football player..."



- ❑ Now move these thoughts into two categories, the thoughts that make you feel good about yourself and the thoughts that make you feel bad about yourself.

- ❑ Acknowledge all the thoughts that make you feel good.

- ❑ Then with the thoughts that make you feel bad about yourself, find one way for them to not be true, any way for them to not be true.

For example:

- ❑ "No one likes to be my friend."

- ❑ This can be turned into, "This is not true because Bob and I play together at recess. This is not true because my dog plays with me. This is not true because Sharon hangs out with me at lunch. I do have friends."

- ❑ Every time you have one of those thoughts that make you feel yucky about yourself, remember the opposite of what you identified on your paper.

- ❑ The key is to change your thought process, which does take awareness and effort, but with consistent practice of changing your thoughts, your thoughts will become more positive about yourself, and your self esteem will increase.

→ **Create** a relationship with your bully. This might seem like the worst idea EVER! But trust me, it's not.

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- ❑ Bullies always have a reason for picking on you. You might have never done anything to them and been total strangers until they started bullying you. But there is a reason. Bullies often tease you because they feel insecure. Usually they see something in you that they wish they had. They might harass you for attention, and they might tease you for many reasons, including not feeling loved and liked themselves.



For example:

- ❑ There was a super mean girl who I will call Cassidy. She was in my class and would spread rumors about my friend Lily. I always thought that Cassidy was very self centered. My teacher moved the desks around and I ended up sitting next to Cassidy. As time went on, I ended up learning so much about her and her life that I would have never even guessed, because she put on this face that everything is perfect in her life. She told me about her mom screaming at her and kicking her out of the house each morning 2 hours before school started each day and her best friend ditching her.

Once Cassidy and I got to know each other, she softened towards others and she stopped putting other people down. When she had someone to talk about what was going on in her life, she didn't feel the need to hurt others. Cassidy also knew that Lily and I were friends and she respected our friendship. Cassidy now had something to lose; my friendship, which was safe to her.



→ **Celebrate** yourself and others

- ❑ When you bring others up, it brings you up, and when you bring yourself up, it brings others up.

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- ❑ When you change the way you think and respond to yourself, to others, and to the world, other people change in the way they respond and react to you.
- ❑ Notice any changes in friendships and relationships and celebrate yourself for being a part of the change.
  - ❑ **Do a Me Day!** One of my favorite things to do is... a me day! A me day is a day where you spend the day on you, because you're *totally* worth it!
    - ❑ Do activities that make you happy, such as: drawing, reading, watching your favorite TV series, playing soccer, taking a bubble bath, and wearing your most comfortable clothes.
    - ❑ Listen to your favorite music. I work best when I listen to music and it also puts me in the best of moods and reminds me what is important in my life when I forget.
    - ❑ Relax! Give yourself a break, cut yourself some slack. Go to the pool and sit in the hot tub!
  - ❑ Be grateful about the people you have in your life and let them know you are grateful for them!

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Till we write again,

*Ally* the **Brave**

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