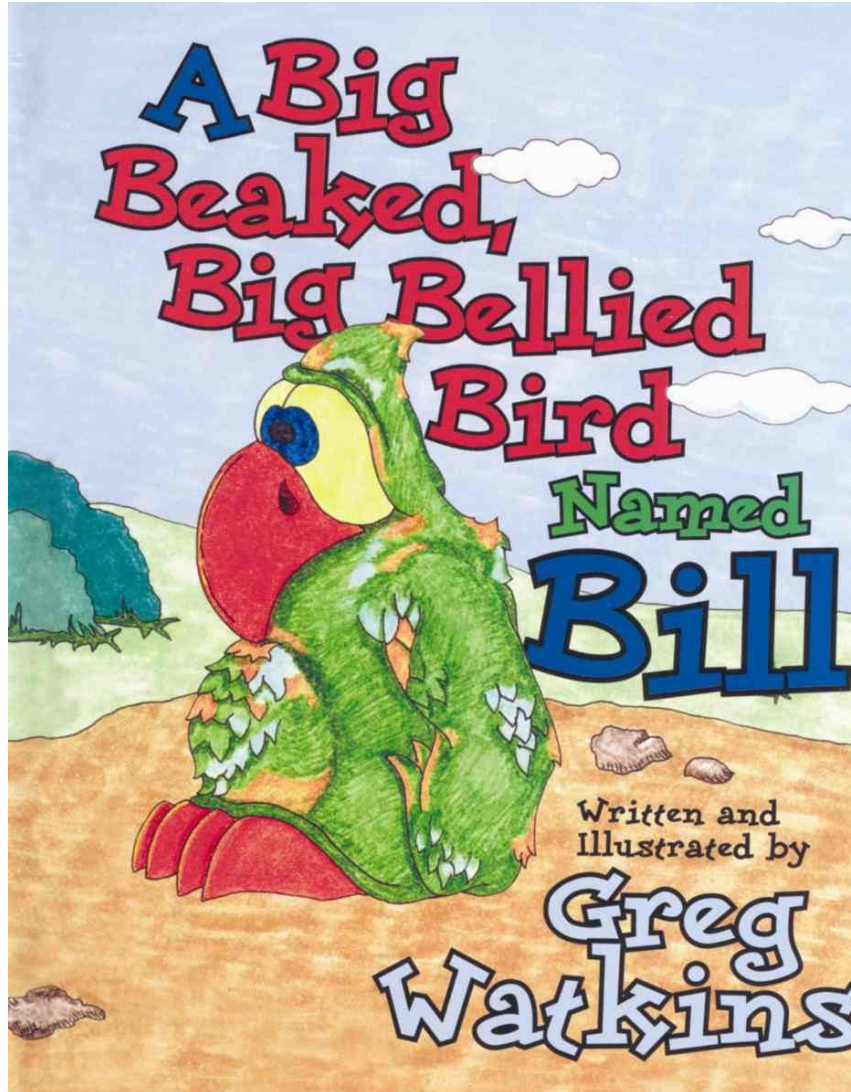




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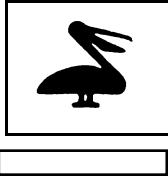
## Classroom Guide for



This Guide includes:

- Bullying Myths: An Educators' Guide
- How to Turn a Bully into a Buddy: A Guide for Students
- Buddy Building Study Guide
- Bullying Survey
- Bullying Guide for Parents and Family Members

Study Guide created by Greg Watkins  
A portion of the information for this guide was gathered from the  
resources found at [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov).



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## Bullying Myths: An Educators' guide

From the National Public Awareness & Prevention Campaign

55% of 8 to 11-year-olds and 69% of 12 to 15-year-olds say that bullying is a big problem.

### **Myth #1: Bullying is a form of conflict.**

This is a false conception. Bullying is repetitious and aggressive behavior that gives a child an imbalance of power or strength over others. Conflict, however, involves antagonism among two or more people. We must understand the difference between the two in order to establish a proper plan of action to prevent bullying. Conflict resolution practices will not work in a bullying situation. As educators and parents, we need to send the right message to the child or children who are being bullied. The message should be "Bullying is wrong and will not be tolerated in our school; no one deserves to be bullied." We must also assure the children we are going to do everything we can to stop it and with their help we will have a safer school community.

### **Myth #2: Bullying is only physical act.**

This may be what first comes to mind when we think about bullying. However, the most common form of bullying—both for boys and girls—is verbal bullying: name-calling, rumor-spreading, or negative note-writing. Children have developed other common forms of bullying, which may include social isolation (shunning) or leaving a child out on purpose, like not including him for game activities or not allowing her to sit at a certain table for lunch.

### **Myth #3: I have understood that bullying is just a matter of "kids being kids"—a childhood rite of passage.**

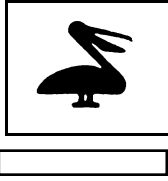
Bullying can be extremely serious. Bullying can affect the mental well being, academic work, and physical health of children who are targeted. Children who are bullied are more likely to have lower self-esteem and feelings of depression, loneliness, and anxiety. Bullying also has negative affect on children who observe bullying, even if they aren't targeted themselves. These emotional scars can be long lasting and have devastating consequences.

### **Myth #4: Bullying doesn't happen at our school. Bullying is only a problem in "Big City" schools.**

Wrong. Bullying occurs in rural, suburban, and urban communities, regardless of income level, race, or geography. Bullying can happen anywhere children gather. Studies show that between 15-25% of U.S. students are bullied with some frequency ("sometimes or more often") while 15-20% admit that they bully others with some frequency within a school term. (Melton et al, 1998; Nansel et al, 2001)

### **Myth #5: Bullying is more likely to happen on the bus than at school.**

False. Although bullying does happen on the bus, most surveys indicate that bullying is more likely to occur on school grounds.



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## **Myth # 6: Students who are bullied will always tell an adult.**

We have to be aware of this misconception. The fact remains that most children don't report bullying. Studies have found that only 25%-50% of bullied children will talk to an adult about the bullying. The reason may be that children are reluctant to report bullying because they may fear retaliation from the bullying child. They also may think that adults won't take their concerns seriously about the bullying situation.

## **Myth #7: Aren't Children who bully mostly loners with few social skills?**

Not at all. Children who bully usually do not lack friends; they usually have at least a small group of friends who support and encourage their bullying behavior. Bullies may be popular with other students and generally have more leadership skills than their victims.

## **Myth #8: Bullied kids need to learn how to deal with bullying on their own; it will make them stronger!**

Wrong. Some children have the confidence and skills to stop bullying when it happens, but many do not. Children shouldn't be expected to deal with bullying on their own; they need to feel safe.

## **Myth #9: Most children who see bullying don't want to get involved.**

This is not always the case. The good news is that most children think that bullying is "not cool" and feel that they should do something if they see it happen. In a recent study of tweens, 56% said that they either say or do something to try to stop bullying that they observe or tell someone who could help.

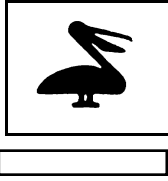
## **Summary**

As educators and parents, it is our responsibility to intervene and take an active role in preventing this destructive behavior. Bullying is an important and pervasive childhood issue. We also need to encourage children to take an active role in bullying programs in our schools and communities. We need to teach our children that they need to play a critical role in helping to stop bullying by changing the climate of a school. The best way to find out about bullying and find the hot spots for bullying at your school is to get student feedback. Included in this package is an anonymous survey. Use the *Big Bill and Buddies* Study guide and Survey to help determine where bullying is occurring and locate the hot spots.

**A portion of the information for this guide was gathered from the resources found at [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov).**

### Recommended Reading

Willard, N. (2005). *A Parent's Guide to Cyberbullying and Cyberthreats*. Center for Safe and Responsible Internet Use.



## How to turn a Bully into a Buddy:

A guide for students

### What is Bullying?

Bullying is what happens when someone hurts, scares, taunts or teases another person on purpose. Bullying is something that happens over and over. Sometimes it is easy to notice, like hitting or name-calling, but sometimes we may not know or see it easily. Have you ever left someone out of an activity or excluded them from your group or game? Did you know that is bullying? How about this: have you ever heard anyone say mean things about a person behind their back, write nasty notes, or send a mean e-mail or text message? Well, as you can see, bullying is not always physical, and it sure is not nice, and it can hurt a person deeply. Kids who bully might think they're being funny or that they are just cool.

**What should I do** if I am bullied or see another person bullied? **SAY SOMETHING!!!!!!**

Ask yourself, **do you want to be a Bully or a Buddy?**

How would you feel if you were the target of a bully and the bullying was happening to you? Would you want someone to help; would you want the bullying to stop?

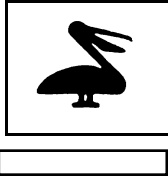
You and other kids can lend a helping hand, even if you are not close friends or even know the student that is bullied. Your school will be a better place if you help stop bullying. **Making your school a better place is every buddy's job!**

Remember this important fact: **Telling is NOT Tattling!**

**We can't help a bully become a buddy if no one knows there is a problem.**

**Here are some Examples:**

- **In School:** Tell your teacher, principal, school counselor or any other school authority.
- **On the Bus:** Tell the bus driver
- **In the Cafeteria:** Tell any lunchroom attendant.
- **On the Playground:** Tell teachers or any adult with authority.



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## What does a Buddy do?

- **Don't Bully back**, even if you are bigger than the bully; it could make things worse.
- **Try not to get angry or act scared** (even if you are). A Bully likes to see they have upset you.
- **Calmly tell the student to stop**, or say nothing and walk away to get help.
- **Laugh at yourself with the Bully**. I know it sounds crazy, but think about it. If you have a sense of humor, and a Bully makes fun of your shoes, just laugh and say, "Yeah, I think I have funny looking shoes, too!" A bully will not know what to do with that answer.
- **If you and other children watch a child being bullied by one or more Bullies, you all need to tell the Bullies to stop**. This will do two things: first, it will make the bully group see there are more buddies than bullies, and second, with a group the bullies are more likely to stop.
- **If you are alone and you feel safe, tell the person that you don't like what they are doing**. It is not funny or cool.
- **Watch other kids who see the bullying**. If these bystanders are laughing or encouraging the bully, they are a part of the problem. Let them know that they are not helping; they are being bullies, too.

**Remember there are a lot of thing you can do alone or with a group, but the most important thing to do ... Say Something!**

## What if I don't feel Safe or I am too scared to face a bully?

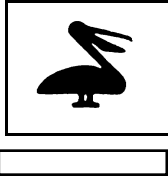
That's okay! Not even a Buddy should feel unsafe in any situation. Get others involved if you can. When you see a child being bullied, alert other students or teachers that something is happening.

The other way you can help is to be a buddy, be a friend. Say a kind word to the child who was bullied; say you're sorry about what happened and "I didn't like it!" Tell them that it was not their fault. Invite your new Buddy to sit together at lunch or ask them to do other things with you.

Everyone needs a Buddy!

Tell the child who is being bullied to talk to someone about what happened; offer to help by going along.

**Now we know there are a lot of things we can do to stop Bullying, the most important thing a buddy must remember .... SAY SOMETHING! Cause when we do, we can help change a bully into a buddy!**



## ***Big Bill and Buddies Buddy*** **Building Study Guide**



1. In book #1 (*A Big Beaked Big Bellied Bird Named Bill*), when did the bullying begin?

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2. Who was doing the bullying?

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3. Give an example of bullying in your school, on your bus or at recess.

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4. What happened to Bill after he was bullied?

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5. Why did the Bully Birds pick on Bill?

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6. What should we do for a child who has been bullied?

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7. What should we do when we see bullying or know that bullying is happening?

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8. What can we do to learn about those students that are different from us?

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9. What did Bill learn about in this book?

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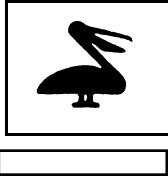
10. What lesson we can all learn from the book?

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Remember to have fun with these questions; don't worry about a right or wrong answer. This is only for fun; maybe we can learn something new and teach our friends how to be buddies, not bullies!



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**Draw your own character using letters of the Alphabet. Keep it simple and Keep it Fun!**







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## **Big Bill and Buddies Bullying Survey**

Please do not sign your name to the survey!!

1. Have you ever witnessed bullying? \_\_\_\_\_

2. Where does bullying happen the most?

- School \_\_\_\_\_ School Bus \_\_\_\_\_ Playground \_\_\_\_\_
- Lunch room \_\_\_\_\_ Bathrooms \_\_\_\_\_
- After school program \_\_\_\_\_ Classroom \_\_\_\_\_

3. What part of the school or any of the places you listed, are you most afraid to go by yourself?

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4. Do you feel safe enough to tell an adult about bullying?

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5. Who would you go to first to tell about bullying?

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6. Have you ever told an adult about a bully? \_\_\_\_\_

7. What was their response to you?

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8. Have you or has anyone you know been the target of a bully?

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9. What did the bully or bullies do?

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10. Was there more than one bully? \_\_\_\_\_

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11. Was the act of bullying seen by other students? \_\_\_\_\_

11 12. If there were others there, did you notice any of the students watching join in by laughing or encouraging the bully?

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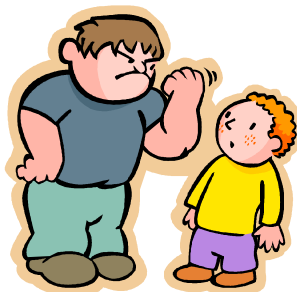
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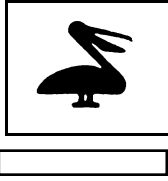
12 13. What do you think your school could do to stop bullying?

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## **Bullying Guide for Parents and Family Members**

Students, bring this home so the whole family can learn about bullies!

### **What causes Children to become Bullies?**

There is no one, single cause of bullying among children. A bully can be either a boy or girl. There may be a combination of factors that could lead to this behavior: environmental, personal, family, peers and other community influences. Boys who bully tend to be physically stronger than other children, and may have a tendency physical confrontation. Girls, however, are very adept at psychological bullying tactics.

### **Can Home or Family Influence bullying?**

**Ask these questions:**

- Is there a lack of warmth or involvement on the part of the parents?
- Does the child lack limits on behavior in the home, or is the child in a parenting situation that may be overly permissive or lack supervision?
- What is the home model for behavior? Is this a model for bullying; is there harsh, physical discipline or other factors that may contribute?

### **Peer groups: how do they impact bullying?**

Children who bully are more likely to have friends who bully and who have positive attitudes toward violence. These are also children who may be the cheerleaders or support system for the bullying child.

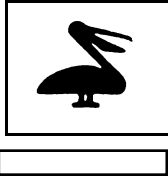
### **What signs parents should watch for in their child or their child's friends:**

Children who bully regularly tend to exhibit some of these common characteristics:

- Are your children or any of their friends impulsive, hot-headed, or dominant?
- Do you notice a child that is easily frustrated or not empathetic towards others? (If your child, they may exhibit this with siblings)
- Do your children or their friends have difficulty following rules, are they disruptive, or do they view violence in a positive way? (Video Games, TV or behavior they may have witnessed?)

### **What do I do if my child is bullying others?**

- Make it clear to your child that you take bullying seriously and that you will not tolerate this behavior.
- Develop clear and consistent rules within your family for your children's behavior.
- Praise and reinforce your children for following rules and use non-physical, non-hostile consequences for rule violations.
- Spend more time with your child and carefully supervise and monitor his or her activities.
- Find out who your child's friends are and how and where they spend free time.



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- Build on your child's talents by encouraging him or her to get involved in positive social activities (such as clubs, music lessons, nonviolent sports).
- Share your concerns with your child's teacher, counselor, or principal. Work together to send clear messages to your child that his or her bullying must stop.
- If you or your child needs additional help, talk with a school counselor or mental health professional.

## **Why is it so important to prevent bullying in my family? This is just a phase, just kids being kids.**

We all must do our part in preventing any child from becoming a Bully. The earlier we start to teach our children, the better society we will all live in. The option of doing nothing could put your child and others at risk that could have negative life-long consequences. Bullying is not normal childhood behavior or a phase and it has a negative impact on both the bully and the bullied.

## **What is the long-term impact for a child who bullies?**

Children who frequently bully their peers are more likely than others to:

- Get into frequent fights, or be injured as a result of a fight
- Vandalize or steal property
- Drink alcohol, smoke, or do drugs
- Be truant from school or drop out of school.
- Carry a weapon.

### **Research also shows that**

- Children who bully are more likely to report that they own guns for risky reasons, such as to gain respect or frighten others.
- Boys who were identified as bullies in middle school were four times as likely as their non-bullying peers to have more than one criminal conviction by age 24.

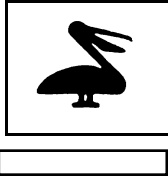
## **Why should I worry? Children who bully are loners and my child is very social. Besides, children who bully have low self-esteem.**

These are common myths about a child who is a bully; the following is a list of additional research information.

- Research indicates that children who bully are not socially isolated.
- Bullies report having an easier time making friends than children who do not bully.
- Children who bully usually have at least a small group of friends who support or encourage their bullying.
- In fact, most research indicates that children who bully have average or above-average self-esteem.

## **What if my child is being bullied? What should a parent or family member look for?**

Is your child afraid to go to the lunchroom, bathroom, or playground because of a bully? Is his schoolwork or attendance suffering because he is worried about how to avoid being picked on?



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**Studies show that one in four kids is bullied.** For years, bullying was treated as an unavoidable rite of passage. But recent research reveals that the effects of bullying can last well into adulthood; that's why it's crucial to help if you know or suspect that your child is being bullied.

"Kids don't always come out and tell their parents they are afraid. Signs of being bullied include tummy aches, nightmares, reluctance to go to school and loss of confidence," says **Gregory B. Watkins**, author of *The Big Bill and Buddies Series*. "If your child displays any of these signals, find out what's wrong and offer encouragement."

## **Five ways you can pump up your child's spirit when they've been pestered by a bully:**

**Talk it over.** Your child may be embarrassed or scared and may first try to deny it. Let them know they can trust you. Don't give up. It may take five or more "sessions" to find the heart of the problem.

**Make it clear it is not their fault.** Point out that many bullies may just be trying to show off, get attention, or look tough.

**Offer some ideas.** For example: If your child is getting bullied because of poor social skills, help by teaching them better social skills.

**Try role-playing.** This gives you the opportunity to see how your child acts around other kids and to help your child work out acceptable responses.

**Instill pride.** If your child is different in some way, help them accept who they are and be proud of it. A confident child is less likely to be bullied.

**Don't let a bully kill your child's confidence.** Stay in-the-know about what's going on in your children's lives and always be ready with a steady stream of encouragement to help them feel good about themselves.

## ----- **About the book *A BIG BEAKED, BIG BELLIED BIRD NAMED BILL***

"This book will help show your child the importance of choosing good-hearted friends and not paying any mind to bullies." --Dr. Laura Schlessinger

Being the new bird in town is tough, and when the Bad Bird Bunch give Bill the brush-off, Bill learns that the best of friends don't have to look or act just like him. Bill discovers that real friends are those who stick by your side--even when you have to face up to mean bullies or a big, hungry alligator.

**32 pp. 8 x 10 32 color illus. Ages 5-8**  
**ISBN: 1-58980-441-4 \$15.95 13-Digit ISBN: 9781589804418**

### **ABOUT THE AUTHOR/ ILLUSTRATOR**

Greg Watkins has given numerous presentations and has written articles in various publications to teach children about bullying, forgiveness, and friendship. Watkins loves entertaining and teaching children as a part of the Authors in Schools program and is involved in fundraising projects such as the "Mustard Seed Communities," a charity for abused and abandoned children. A former Marine, Watkins served during the Vietnam era and then earned his bachelor's degree from Kendal College of Art and Design. He lives in Roswell, Georgia.