

## How to Stop a Bully in Their Tracks!

"Today is the day" - Mel Fisher, treasure-hunter who found the famous Atocha shipwreck after searching for 15 years. He started every day with this mantra until one day...it was true.

Have you ever been targeted by a bully? Are you being bullied right now? Well, don't feel bad - you're not alone. Almost everybody has had to cope with a bully at one time or another. Being bullied creates a helpless feeling and makes you feel lousy. Nobody likes being the target of ridicule or harassment.

But the good news is that it doesn't have to be this way. In this article, I'm going to reveal how to handle a bully and what to do if you see somebody else being bullied. But first, I want to explode a couple of bullying myths:

### Myth #1 - Most Bullying Happens Face-to-Face.

This is false. These days, any communication tool can be used by a bully to harass or intimidate others. This includes text messages, instant messages, chats, social media and cell phones. Bullying doesn't just happen on the playground or hallways anymore. In fact, some types of social media bullying (such as posting unflattering pictures

of a person on MySpace or Facebook) can actually do the most damage to a person's self-esteem and reputation. This is called "cyberbullying".

### Myth #2 - Only Boys Bully.

Again, this is false. While it's true that boys bully (and are bullied) more, girls bully, too. But there are differences. Boys tend to bully in physical ways (such as slapping, pushing and hitting) while girls tend to bully through "relational aggression". This means spreading rumors, revealing secrets, isolating people socially, and embarrassing others (think "mean girls"). But whether it's physical or relational bullying, know this: both types of bullying are destructive.

So in the next few pages, you're going to discover how to handle both types of bullying head-on and cope with a bully of any kind. The first thing you need to do is...

### Put Your Foot Down

The first step in coping with a bully is making up your mind you're not going to take it anymore. Sometimes, if a person has been



**Ms. Lesley Casey**  
3<sup>rd</sup> Degree Black Belt and  
Owner

### IN THIS ISSUE :

- Feature Article: How to Stop a Bully in Their Tracks!
- Mar 2009 Student Of The Month: \_\_\_\_\_!
- Calendar of Events
- Student Birthdays
- Announcements
- Bulletproof Confidence
- Taekwondo Trivia!
- Referral Reward
- Special Offer!
- And much, much more!

Through The Ranks is published monthly by:

Casey's ATA BBA  
1389 Saratoga Ave  
Morgantown, WV 26505

For a complimentary subscription, please call (304) 282-1664

All content copyright 2007, Through The Ranks. No duplication without prior written consent. All rights reserved.

bullied for a long time, they actually start to accept that sort of treatment. Don't. Being bullied is unfair and you have a right to be treated with respect and dignity. Decide that today is the day to finally put your foot down and start turning around your situation. It's the start of a long process; it does take time to overcome a bully.

## Strength In Numbers

Bullies love an audience. They often harass victims to impress friends, show off or gain "respect" at somebody else's expense. By surrounding yourself with a group of friends who disapprove of the bully's behavior, it saps the bully's impact. According to Greatschools.net (a site for teachers and parents), "when bystanders know how to act in a bullying situation, it's one of the ways to stop bullying in school. When they respond appropriately and safely, they take away the bully's power".

Remember, too, that like any type of predator, bullies like to single out those they perceive to be weak. In the natural world, for example, lions target prey that are smaller, weaker or cut off from the main herd. As a matter of fact, one of the first things a lion does when hunting is separates the prey from its natural group).

So the lesson here is simple: there's strength in numbers. One of the best ways to sidestep bullies is to reach out to other friendly students and "blend in with the pack". Make friends and stick with them during times when you would otherwise be bullied. Not only can friends step in to protect you, but they can also serve as witnesses if you ever need to report an incident.

Finally, try to get into an area where

adults are present. That's because most bullying incidents happen in areas where parents and teachers are not present. Avoid being a target by blending in with the crowd, making new friends and surrounding yourself with good people.

## Don't Fight Fire With Fire

One of the biggest mistakes when dealing with a bully is taking their bait. If a bully challenges you, never get antagonistic in return. Don't ever give in to a bully's taunts, dares or verbal challenges. Doing so only feeds the negative cycle and escalates the problem.

If the bullying is face-to-face, walk away and don't confront the bully. Get out of there - if possible. A good phrase to help you save face is the old "whatever". If somebody says something mean to you, just say, "whatever" and walk away. The phrase "whatever" is not confrontational, doesn't challenge the bully directly and normally doesn't escalate the situation.

But what if the bullying is online? It might be hard to restrain yourself, but don't respond to inflammatory posts (or emails) and don't forward them to others. However, you should save the evidence (more on that in a minute). Again, don't take the bait. I know this is difficult sometimes - especially when somebody is saying something truly outrageous about you - but responding only feeds the cycle. Don't fight fire with fire and don't seek revenge. Just like face-to-face bullying, responding only escalates an already-bad situation and lengthens the cycle of violence.

## Get a Plan

If the bullying incidents increase in

frequency - or become a set pattern - it's time to get a plan in place. First, grab a notebook and write down (or "log") your incidents. Make sure you keep very detailed notes - be specific and jot down names, places, situations, any physical contact that occurred and exact words used. Describe everything in detail. If the bullying is online, this is easy: just save the evidence. Be sure to hang onto posts, email messages, voicemails or text messages.

This does two things for you: It prepares you for the next time something happens. By writing down what happened in the past, it helps you think through your response next time. Second, writing things down helps you build a case against the bully if you can't solve the problem on your own. If, for example, the bullying normally happens at school, it's a lot harder for school officials to ignore incidents when they're written down and documented each time. Yes, evidence is everything when dealing with a bully. Which brings me to the next point:

## Talk to Somebody

If an incident occurs (especially a physical incident), you need to report it to an authority figure immediately: a teacher, parent, school counselor or any adult you trust. You can even come to me, your instructor! With the input of your parents, we'll craft a plan to deal with the bully's aggressive behavior and seek ways to solve the problem (by the way, a tactic that almost never works is telling the bully's parents).

Remember that school leaders have a duty to keep you and every other student in your school safe. If a bully is picking on you, chances are they're doing the same exact thing to somebody else. So by stepping up and alerting somebody,

you're not only saving your own skin, you might be saving somebody else's, too. Don't fret if action doesn't happen right away. Be persistent in asking for help. Keep asking for help until you get the action you need. Be the squeaky wheel that gets the grease! Also: get over the idea that reporting an incidence is "tattling". It's not. Any bullying incident needs to be taken seriously.

## Move On With Your Life

Once your bullying situation is over (and it will be over at some point), it's natural to feel angry and resentful. Don't dwell on the situation or replay incidents in your mind 1,000 times. Anger only rips you apart and hands the bully the ultimate victory. Instead, find it in yourself to forgive the bully. This isn't for them...it's for you! Pick yourself up, dust yourself off and move beyond this chapter in your life. You're going to feel a lot better that way.

## Let's Wrap This Up

Whatever happens, remember this: You have no right to be bullied. You don't deserve it. You ARE valuable...and it's NOT your fault. Like I said earlier, when you're being harassed, it's natural to feel bad about yourself. But don't let some creep get your self-esteem down. What matters most is your opinion of yourself. Remind yourself of all the positive qualities you have.

Unfortunately, bullying is something most of us have to deal with sooner or later. It's common. So please remember the advice you learned in this article and see me if you're having a problem with a bully!

-- Ms. Casey

# What To Do If You See Somebody Else Being Bullied:

Do you know the bully? If so...

- Say "quit it!" or "stop!" in a firm voice.
- Remember that bullies love having an audience. Defuse the audience effect by saying "that wasn't funny" or "that wasn't cool".
- Distract the bully or change the subject.

If you don't know the bully well or you can't step in for fear of being targeted yourself...

- Reassure the victim after the incident.
- See if there is anything you can do for them.
- Let the victim know you didn't approve of what happened.
- Tell the victim you'll be a witness for them.
- Take the victim to get help and report what just happened.
- If the victim is afraid to get help, talk to an authority figure (like teacher, school counselor, official, etc.) yourself and let them know what happened.
- Whatever you do, don't turn a blind eye to bullying. You never know when you'll need somebody to back YOU up!

## More Resources:

- [www.cyberbullying.us](http://www.cyberbullying.us)
- Center for Safe and Responsible Internet Use
- Education.com (keyword "bullying")
  - Greatschools.net

## March 2009 Calendar of Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 Testing at Trinity HS
22	23	24	25	26	27	28 Franklin Regional Tournament
29	30	31				

### March 2009 Special Announcements – Please Read!

On March 21<sup>st</sup>, immediately following testing, there will be a meeting for those Leadership students who are interested in traveling to Little Rock, Arkansas for Senior Master Kathy Lee's Class A Tournament. This is open to LEADERSHIP STUDENTS ONLY.

#### BIRTHDAYS

3/2 Jennifer Casey  
 3/2 Natalie LaRosa  
 3/4 Seth Ryan  
 3/7 Tim Cummins  
 3/7 Georgie Barber

3/8 Christopher Bozzato  
 3/9 Dan Johnston  
 3/10 Sean Patterson  
 3/11 Ataes Aggarwal  
 3/11 Isaac Galford  
 3/12 Sydney Newman  
 3/13 Chase Leone  
 3/18 Nicholas Bosley  
 3/20 Adelina Hill  
 3/25 Dakota Murray  
 3/26 Mykaela Murray  
 3/26 Jeremiah Woods  
 3/27 Courtney Tennant

# Your Secret Weapon against Bullies: Bullet-Proof Confidence!

Listen: If you're not already enrolled in our academy, consider joining NOW for professional martial arts instruction. Why? Because being a martial artist is one of the very best ways to avoid being a victim of a bully in the first place.

Recently, CNN reported that one of the best ways to cope with being bullied is through "gaining more confidence" by developing outside interests like musical abilities or athletics. And according to Scholastic's Parent and Child Magazine, a child who feels left out (or singled out) can sign up for "a beginner's martial arts class" to (improve) their motor skills, take on new challenges and get on the path to a healthy mind and body. Martial arts is the answer.

But you're probably wondering: "How does martial arts thwart bullies? Is it through a flurry of kicks and punches?" No. You see, the more you train, the more your self-esteem and confidence shoots up. You start to walk taller. You also make new friends and surround yourself with a powerful new "tribe" of leaders. You get stronger. You grow your feeling of self-worth. You master the art of self-defense and finally, you belong to something bigger than yourself.

## Bullies Don't Usually Pick On People like That!

Have you ever noticed how dogs can "smell fear"? Well, guess what? Bullies can, too. They target weakness. The stronger you are mentally and physically, the more you'll defuse bullying situations before they ever occur. Once you're a martial artist, you'll "walk the walk" without even thinking about it. And, of course, if you ever need to physically defend yourself, you'll have the tools to do that, too. But in most cases that won't be necessary. As a matter of fact, I know people who have been training for 35 years who have never had to use their skills. Weird, huh? What most non-martial artists don't understand is that it's not the kicks and punches that protect you...it's your attitude! Projecting a powerful, self-assured attitude is one of the biggest payoffs that can only come from martial arts training. Confidence repels creeps.

Being a martial artist is like belonging to an elite "insider's-only club": You project an aura that keeps the bad guys at



bay. Heck, you don't even pop up on their radar anymore. I'm serious.

The bottom line is this: the more confident, stable and self-assured you are, the less you'll be a target. Only martial arts gives you that. So – if this makes any sense to you, and you've been "on the fence" as to whether you (or your child) should join our academy...well, here's a special offer just for you. Join by the end of March and receive seven weeks for just \$99! This could be our most generous offer ever! See me now to get started and...

## Step Into Your Confident, New Self Today!

Martial arts: the bullying antidote.

# Life Skill of the Month: Loyalty!

This month's life skill is loyalty. We hear this term a lot, but what does it mean exactly? Simple. Loyalty is defined as: a strong feeling of support or allegiance. It means being faithful, devoted and reliable. It also means being obedient.

There are many different areas where you can demonstrate loyalty:

Towards Your Instructors: First, you show loyalty to your instructors by respecting them, following their instructions, answering up, adhering to their guidance and being committed to them as your mentor and guide. To be a true leader, you must first be a good student and follower. One of the best ways of doing this is by demonstrating loyalty through attending classes regularly, not making excuses, working hard and showing your devotion to learning martial arts.

Towards Our School / Academy: You show loyalty to our academy by attending tournaments and representing our school in a way that reflects well on all of us. You also demonstrate loyalty by offering to help out, being a good ambassador, going "above and beyond", helping lower ranks, welcoming new students and being positive at all times in our academy.

Towards Friends and Family: You demonstrate loyalty to friends and family by following household rules, helping around the house, respecting your parents' wishes, getting along with siblings, and standing up for your friends and family.

This month, I want you to keep the idea of loyalty on the top of your mind. Ask yourself this: "How do I show my support for our academy? How do I show my loyalty to my instructors? And what about my family? How do I show my devotion to them? What about my friends?"

As for me, I want to thank everybody here - students as well as parents - for being loyal to our school and sticking to your training. The long-term benefits of this are enormous. Let's all stay focused on the goals we set back in January!

## March 2009 Student of the Month!

# George Barber Loyalty and Devotion!



George Barber  
Mar 2009 Student  
of the Month

With our life skill of loyalty in mind, this month I want to put a very special student in the spotlight: George Barber! He is one of the most loyal students around and makes a big impact here in our academy. Here are some reasons I chose Mr. Barber as student of the month for March 2009 and why he stands out from the pack this month:

- Attends classes without fail
- Never makes excuses
- Remains positive at all times and never engages in negativity
- Attends tournaments as much as he can
- Respects his instructors and follows their instructions to the best of his abilities

Here are some interesting facts

about Mr. Barber:

- 1.) He is a Level One ATA Instructor
- 2.) He is currently ranked in the Top 10 in the country in Forms
- 3.) He is working hard to reach the Top 10 in the country for Sparring – which I am sure he will attain

Thank you, Mr. Barber on being such a committed and loyal student. Everyone should look to him as an excellent example of what the word "loyalty" means in practice.

Let's all congratulate Mr. George Barber on being chosen as Casey's ATA Black Belt Academy Student of the Month for Mar 2009!

It's time for... **TAEKWONDO TRIVIA**  
Test Your Martial Arts Knowledge...and Win!

Student Name \_\_\_\_\_

According to the main article:

QUESTION #1: True or False: Most bullying happens face-to-face...

- \_\_\_ a.) True
- \_\_\_ b.) False

QUESTION #2: Girls usually bully through...

- \_\_\_ a.) Pulling hair
- \_\_\_ b.) Kicking
- \_\_\_ c.) Screaming
- \_\_\_ d.) Relational aggression
- \_\_\_ e.) Verbal assaults
- \_\_\_ e.) All of the above

QUESTION #3: If you're being bullied, one of the first things you should do is...

- \_\_\_ a.) Start working on your side-kicks
- \_\_\_ b.) Call the police
- \_\_\_ c.) Strike while the iron is hot
- \_\_\_ d.) Talk to somebody

QUESTION #4: Bullies love an audience. If you see somebody else being bullied, you could:

- \_\_\_ a.) Say, "that wasn't funny"
- \_\_\_ b.) Say, "that wasn't cool"
- \_\_\_ c.) Say, "Stop it!"
- \_\_\_ d.) All of the above

QUESTION #5: You should never take a bully's...

- \_\_\_ a.) Lunch money
- \_\_\_ b.) Hat
- \_\_\_ c.) Bait
- \_\_\_ d.) Pride
- \_\_\_ e.) None of the above

**Don't forget!** Any student who answers all the questions correctly (without help from an adult) wins a \$5 Karate Dollar towards their next testing, something from the pro shop or tuition! (Note: one Karate dollar per purchase, please).

## I Need YOUR Help!

I'd like to thank those of you who have participated in the Student Referral Program! Marketing for new students costs us tons of time, money and energy. Like any business, we need new students to stay in business. Over the years we have found that looking for new students takes away from the time we would rather be spending with you and for you and teaching other students!

If I've already helped you or your child with martial arts instruction, then you know how well I serve my students. When you refer your friends and relatives to us, everybody benefits. We can serve you and your kids better. You receive a nice gift. And we assure that we'll take the very best care of any friends or family that you refer our way! For more information about our referral reward program, just give us a call at: (304) 282-1664. It's a

great program where, as our way of saying "thanks", we send you a token of our appreciation for recommending us!

Also: If you would like any of your friends, coworkers, relatives, business acquaintances, etc. to receive a FREE subscription to this newsletter, please call me at the same number: (304) 282-1664. We'll also send them a note with their first issue telling them that you suggested they receive this newsletter, and to contact us if they would like it to stop at any time. If you enjoy this newsletter, share it with people you know, with no hassle for you!

**May 1<sup>st</sup>, 2009 SUMMER UNIFORMS GO INTO EFFECT**

During the summer months all students have the option of wearing our “summer uniform”. This year our summer uniform is BLACK ATA PANTS & our new ATA white t-shirts OR Casey’s ATA Black Belt Academy t-shirt. In addition, all students will wear their Taekwondo belts. Students still have the option of wearing their white dobok , if they so choose.

PLEASE NOTE: THESE ARE THE ONLY TWO UNIFORM OPTIONS. STUDENTS MAY NOT WEAR ANY OTHER PANTS OR T-SHIRTS. ALL PANTS & SHIRTS MUST HAVE AN ATA LOGO ON THEM.

STUDENTS WILL NOT BE PERMITTED ONTO THE WORK-OUT FLOOR UNLESS THEY ARE IN CORRECT UNIFORM ATTIRE. IF YOU ARE UNSURE, PLEASE CHECK WITH YOUR CHILD’S INSTRUCTOR

Casey’s ATA Black Belt Academy  
1389 Saratoga Ave, Morgantown, WV  
216 East Main Street, Bridgeport, WV  
(304) 282-1664

