

# BROOK & BRAX

ANTONIO LUMLEY

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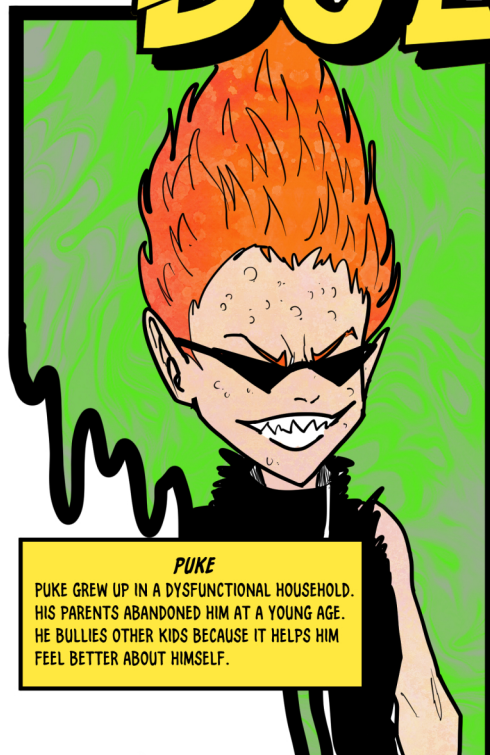
# ANTI-BULLIES

## WHAT IS A BULLY?

**BULLY** [ BOOL-EE ] - NOUN, PLURAL BULLIES.

A BLUSTERING, MEAN, OR PREDATORY PERSON WHO, FROM A PERCEIVED POSITION OF RELATIVE POWER, INTIMIDATES, ABUSES, HARASSES, OR COERCES PEOPLE, ESPECIALLY THOSE CONSIDERED UNLIKELY TO DEFEND THEMSELVES.

# BULLIES



### PUKE

PUKE GREW UP IN A DYSFUNCTIONAL HOUSEHOLD. HIS PARENTS ABANDONED HIM AT A YOUNG AGE. HE BULLIES OTHER KIDS BECAUSE IT HELPS HIM FEEL BETTER ABOUT HIMSELF.

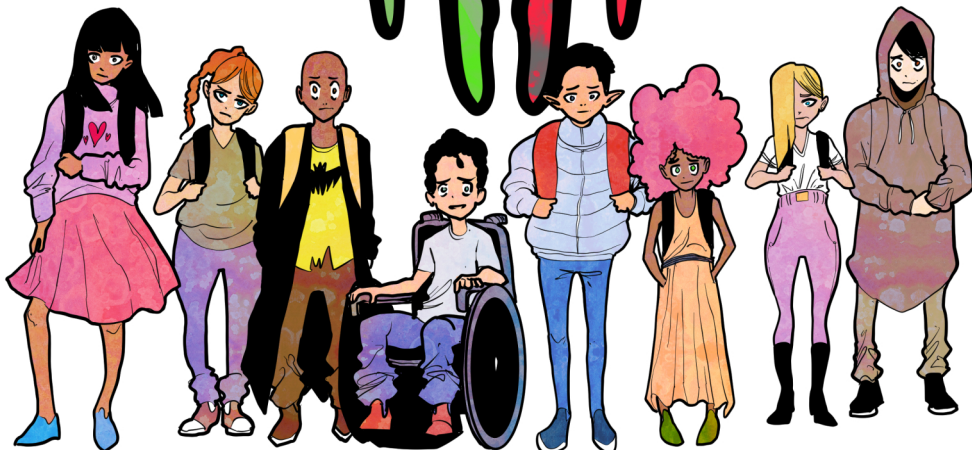


### LIL DUMPS

LIL DUMPS GREW UP IN AN AFFLUENT HOUSEHOLD. HIS PARENTS DIDN'T PAY MUCH ATTENTION TO HIM. HE BULLIES OTHER KIDS FOR SPORT AND FUN.

## WHO DO THEY BULLY?

PEOPLE WHO THEY THINK ARE WEAKER THAN THEM (PHYSICALLY OR MENTALLY). PEOPLE WHO MAY BE YOUNGER, OLDER, SMALLER, SKINNIER, HEAVIER, OR HAVE DISABILITIES. PEOPLE OF A DIFFERENT RELIGION, A DIFFERENT RACE, A DIFFERENT GENDER, OR SOMEONE WHO'S JUST PLAIN DIFFERENT THAN THEM.

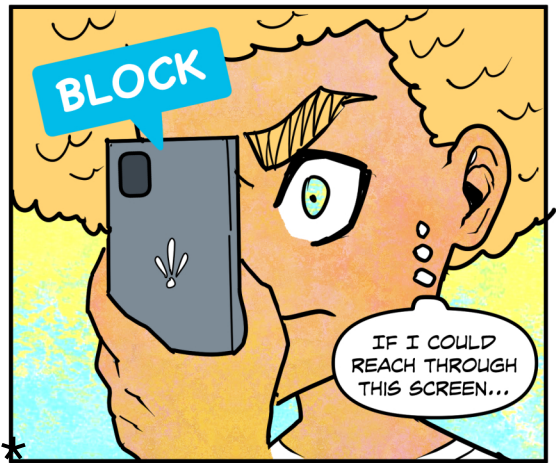
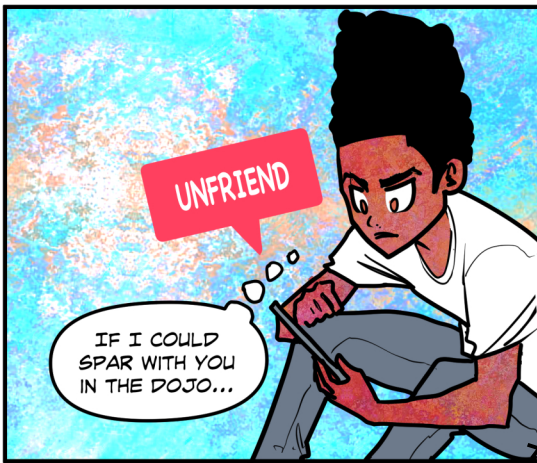


**WHAT IS CYBERBULLYING?**  
CY-BER-BUL-LY-ING (SIBER-BOOLEING) - NOUN  
THE USE OF ELECTRONIC COMMUNICATION TO BULLY A PERSON, TYPICALLY BY SENDING MESSAGES OF AN INTIMIDATING OR THREATENING NATURE.



## WHAT TO DO IF YOU ARE CYBERBULLIED?

- DON'T RETALIATE! OFTEN ALL THEY WANT IS ATTENTION AND A REACTION FROM YOU.
  - SAVE THE EVIDENCE AND DOCUMENT WHAT HAS HAPPENED.
- TELL SOMEONE WHAT IS GOING ON. TELL A PARENT, RELATIVE, TEACHER, COUNSELOR, FRIEND, ETC.
- BLOCK, UNFOLLOW OR UNFRIEND THEM AND REPORT TO THE SOCIAL MEDIA PLATFORM IF NECESSARY.
- DO NOT LET IT GET YOU DOWN. STAY STRONG AND KEEP YOUR CONFIDENCE. IT IS NOT YOUR FAULT. REMEMBER, MANY THINGS THAT CYBERBULLIES WRITE, THEY WOULD NEVER TELL YOU IN PERSON.



## ANTI-BULLIES

### WHAT IS VERBAL BULLYING?

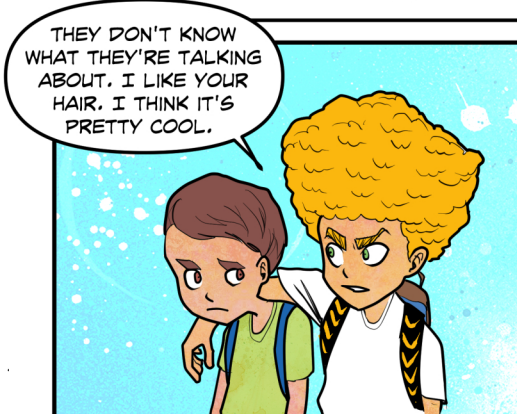
VER-BAL-BUL-LY-ING (VERBEL-BOOLEING)

THE ACT OF FORCEFULLY CRITICIZING, INSULTING, OR DENOUNCING ANOTHER PERSON. CHARACTERIZED BY UNDERLYING ANGER AND HOSTILITY, IT IS A DESTRUCTIVE FORM OF COMMUNICATION INTENDED TO HARM THE SELF-CONCEPT OF THE PERSON AND PRODUCE NEGATIVE EMOTIONS. TO DEGRADE OR DEMEAN SOMEONE.



### WHAT TO DO IF YOU ARE VERBALLY BULLIED?

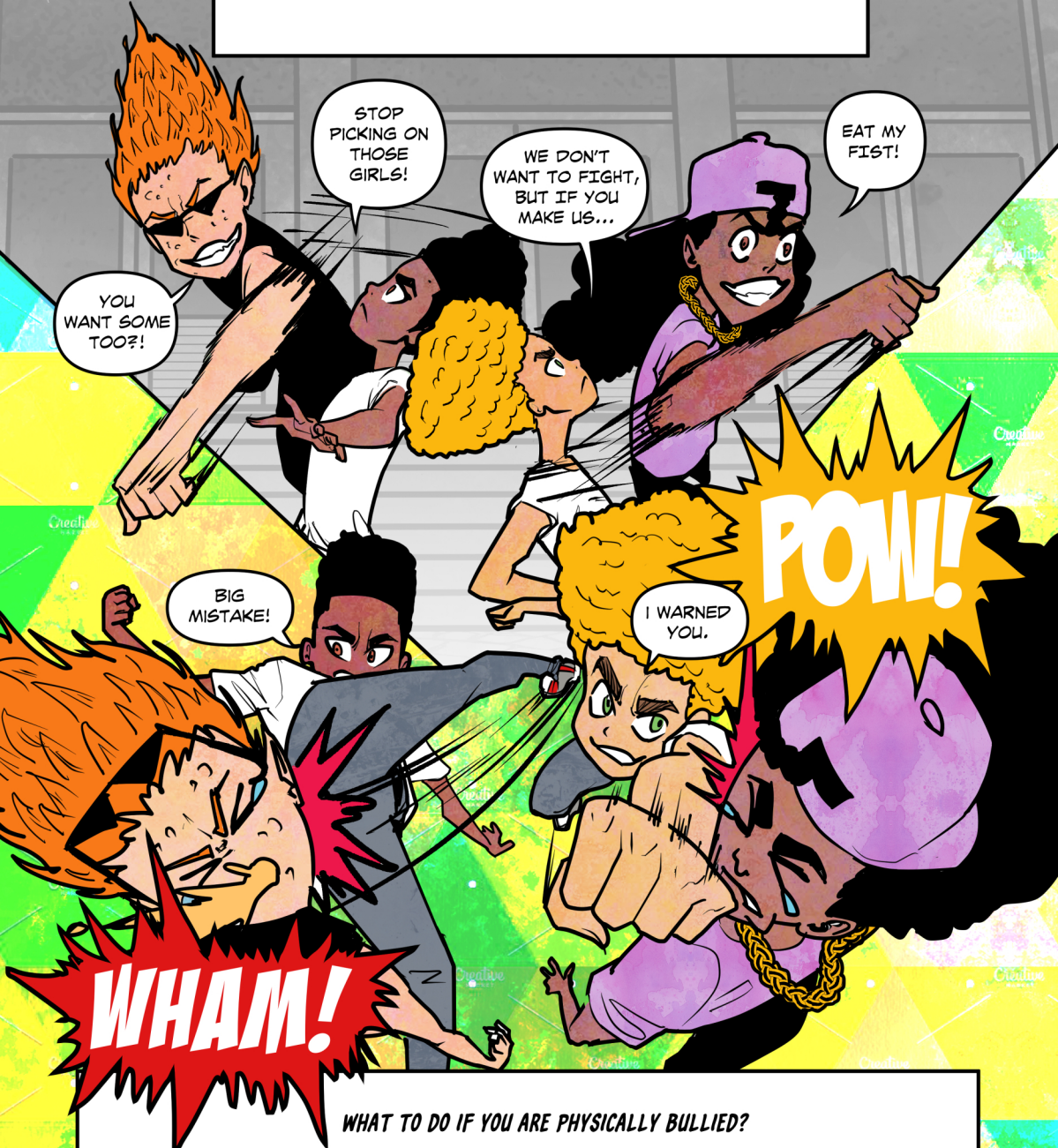
- DO YOUR BEST TO IGNORE THE AGGRESSOR. THIS MAY NOT BE EASY BUT DO YOUR BEST.
- TELL AN AUTHORITY FIGURE WHAT IS GOING ON. TELL A PARENT, RELATIVE, TEACHER, COUNSELOR, FRIEND, ETC.
- REMAIN CALM AND DO NOT STOOP TO THEIR LEVEL. OFTEN ALL THEY WANT IS A REACTION FROM YOU.
  - DO NOT LET IT GET YOU DOWN. STAY STRONG AND KEEP YOUR CONFIDENCE.
- HELP OTHERS THAT MAY BE VERBALLY BULLIED. SOMETIMES IF YOU STICK UP FOR THE VICTIM, THE BULLY MAY REALIZE THAT THEY WERE WRONG.



## WHAT IS PHYSICAL BULLYING?

PHYS-I-CAL-BUL-LY-ING (FIZIKEL-BOOLEING)

THE ACT OF CAUSING BODILY HARM AND TORMENT TO ANOTHER PERSON. THIS INCLUDES PHYSICAL ACTS SUCH AS PUNCHING, KICKING, PUSHING, SHOVING, TRIPPING, GRABBING, ETC. STEALING OR DESTROYING OTHERS' POSSESSIONS ARE ALSO FORMS OF PHYSICAL BULLYING.



## WHAT TO DO IF YOU ARE PHYSICALLY BULLIED?

- TELL AN AUTHORITY FIGURE. TELL A PARENT, RELATIVE, TEACHER, COUNSELOR, FRIEND, SECURITY, ETC.
- TRY TO REMAIN CALM AND WALK AWAY IF YOU CAN.
- WE DO NOT CONDONE FIGHTING, HOWEVER, IF YOU ARE ATTACKED, YOU HAVE THE RIGHT TO DEFEND YOURSELF.
- DOCUMENT, VIDEO OR TAKE PICTURES OF ANY FORM OF PHYSICAL BULLYING.
- YOU ARE NOT A DOOR MAT. NOBODY HAS THE RIGHT TO CAUSE PHYSICAL HARM TO YOU.
- CONSOLE SOMEONE THAT HAS BEEN PHYSICALLY BULLIED AND HELP THEM FIND A WAY TO PREVENT IT FROM HAPPENING AGAIN.

## ANTI-BULLIES

### HOW TO COMBAT BULLYING?

- EMPATHY - THE ABILITY TO UNDERSTAND AND SHARE THE FEELINGS OF ANOTHER.
- LOVE - AN INTENSE FEELING OF DEEP AFFECTION.
- KINDNESS - THE QUALITY OF BEING FRIENDLY, GENEROUS, AND CONSIDERATE.
- CONFIDENCE - A FEELING OF SELF-ASSURANCE ARISING FROM ONE'S OWN ABILITIES OR QUALITIES.
- ACTION - THE FACT OR PROCESS OF DOING SOMETHING, TYPICALLY TO ACHIEVE A GOAL.



TAP INTO YOUR INNER HERO AT  
**XTATIC BOOKS!**

