

There is so much negativity in the world and many people have forgotten how to be positive. Positive Word Packs are to help you express positive words with family friends and people that you meet.

This pack is aimed at helping kids overcome bullying.

### **What to do with your Positive Words Packs**

1. **Toilet Tutor** is an A4 Poster that is ideal for the back of the toilet door, where you can read it on a regular basis
2. **Fridge Focus** Cards are A5 Cards that can be put on the refrigerator
3. **Wallet Words** are cards that can go in lunch boxes/phones/wallets/briefcase as a pick me up or to encourage someone

## **Strategies for Handling Bullies**

Discipline works best with patience, clear rules, consistency and realistic

- A wise line of defence is avoidance. Know when to walk away. Being picked on is not character-building.
- Use humour to defuse a bully who may be about to attack. Make a joke: "Look, Johnny, lay off. I don't want you to be late for school."
- Or tell the bully assertively, "Get a life. Leave me alone." And walk away. This may be the best defence for girls.
- Recruit a friend. Observers find that having a friend on the playground is one of the most powerful protectives, especially for boys.
- In general, seek out the friendly children and build friendships with them.
- The real first line of defence against a bully is self-confidence.
- Model good relationships at home. Help siblings get along.
- Shut off the TV: much programming reinforces the idea that aggression is the only way to deal with conflicts.
- Any time adults do not intervene they are essentially training others to solve problems through aggression.
- Do not tell or teach a kid to fight back. Fighting back is the worst defence.