You Can Stop Bullying Behavior

AMA Alliance
Building Healthy Communities
1. My name is: _______________

2. I am _____ years old.

3. How would I like others to treat me?

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

4. How should I treat others?

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
Keith is getting ready for school. He is afraid because a boy named Joe has been picking on him at recess. Sometimes Joe calls him names. Sometimes Joe pushes and shoves him. Keith does not want to tell anybody, not even his mom.

Let’s help Keith get ready for school. Find his things in the picture and mark an X on these objects.

Lunchbox  Watch  Books  Pen & Pencil  Housekeys
During class, Keith is so worried about being bullied that he does not hear the teacher ask him a question. Taken by surprise, he gives the wrong answer. Keith’s face turns red as some kids giggle at him.

Color the word balloons that are kind and cross out the word balloons that are mean.
Recess time arrives. Keith does not like recess because this is when he is bullied.

Draw a path from Keith to the places where you think he would like to play.
Tracy is a good listener and wants to cheer Keith up. Tracy sees Keith on the playground and calls him to come over.

You can be a good listener too. Draw yourself in the playground with Keith and Tracy.
Joe sees Keith having fun with Tracy and wants to cause trouble. Joe runs over to the swing set and tries to push Keith off the swing.

Find and color the words in the clouds that show how Keith is feeling.
What will Keith do? What do you think are bad choices? What do you think are good choices? Which is the best choice?

- Walk away
- Try to fight
- Don’t answer
- Tell him, “STOP!”
- Stay with a group of friends
- Tell a trusted adult
Fighting and keeping quiet are both bad ideas, but all of the other ideas could be solutions. Keith decides to talk to his teacher, Mr. Smith, about Joe bullying him. It is always best to talk to an adult whom you can trust.

Thank you for telling me Keith... It took courage to come to me. I will talk to Joe about his bullying behavior.
Joe, I heard that you were bullying a student. I will be watching your behavior. I have confidence in you that I will not catch you bullying.

Describe the 3 types of people involved in the bullying process:

1. Bully ____________________________________________

2. Victim ___________________________________________

3. Bystander _________________________________________
YOU CAN HELP STOP BULLYING BEHAVIOR

1. Walk away, bullies love an audience.
2. Encourage the victim to walk away with you.
3. Tell a responsible adult what happened.

IF YOU ARE BULLIED

1. Tell them to STOP!
2. Walk away.
3. Tell a responsible adult.
The American Medical Association Alliance, is the largest, most influential grassroots organization representing the family of medicine. As the proactive volunteer arm of the American Medical Association, the Alliance is dedicated to promoting better public health, ensuring sound health care legislation and fund-raising for medical education. In 1995, the AMA Alliance launched the SAVE program to Stop America's Violence Everywhere. Currently, more than 600 community SAVE programs are aimed at assisting victims of abuse, teaching conflict resolution skills and educating the public about the prevention of violence.

If you are a physician or a physician's spouse and not a member of the AMA Alliance, we encourage you to join. For more information please contact the AMA Alliance.

The AMA Alliance designed this activity book to help parents, educators and members of the family of medicine ensure child health and safety. Content for this book was originally developed in cooperation with the American Medical Association.