

The Disclaimer

We are not trying to provide three hours of seminar training in one small brochure, and we strongly encourage everyone to attend a formal self-defense seminar in your area if you can, but we hope these tips may help you in the mean time.

The best form of self-defense is getting involved. Report suspicious activity in your neighborhood or when you're out and about. Be a part of your neighborhood watch, or be the genesis of one in your area. Be a good neighbor to the elderly on your street or in your building. All of these things develop a caring and compassionate community that will respond effectively in a crisis....all things that opportunistic criminals want to avoid.

The tips and techniques we present are far from exhaustive, may have more suitable alternatives for your particular circumstances, and may not apply in your "neck of the woods." Use them as a guide to start you thinking along safety and security lines without getting overly paranoid.

Let us know if you think we should add, or amend, any of the included tips.

Community Patrol USA

Every effort has been made to ensure the accuracy of the techniques and information provided and discussed in this document. At the time of printing and presentation this document the materials are, to the best of our knowledge accurate however anomalies, omissions, and factual errors may exist. This document may be modified at any time without prior notice either in part or in full.

Community Patrol USA is a not-for profit group run entirely by unpaid volunteers who have a focus and commitment to enhancing and improving the safety and security of the communities they live and work in.

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Rev 3 – 1/2012

COMMUNITY PATROL USA

EZ-DEFENSE

Bullying



Share with family, friends and colleagues to help keep everyone a little safer.

SAFETY IS A COMMUNITY EFFORT

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Bullying

TELL AN ADULT - If you're being verbally abused for any reason it is important that you tell an adult about it. Let your teacher, school counselor, principal, or parents know. Bullying in any form is unacceptable at school and can lead to more aggressive assaults later. It's the adults responsibility to create and provide a safe environment for you.

SEEK FRIENDS SUPPORT - Stay in the company of your friends or ask them to help you to counter or limit the effects of the bully. Most bullies enjoy the power and influence they have over their victims. If you can limit that by having friends stand with you, they may no longer see you as a fun target anymore.

JOIN A CLUB OR GROUP - The more friends you have, the more support you have. Consider joining a school club or group to increase your circle of friends and create a larger base of support to help you counter or limit the effects of the bully.

JOIN OR CREATE - If your school has an anti-bullying club or a tolerance club, join it and relate your problem to the club member to garner their advice and support. If no such club exists, approach your parents and teacher to create one. If you're part of the solution, you are no longer just a victim.

AVOID THE TROUBLE SPOTS - If possible, avoid the places, situations, or times that the bully likes to engage you. Try walking with friends, taking a different route, or walking with other adults or older students if possible. If this is not possible, tell your teachers or counselors where, when, how the bullying occurs so that they have a better chance of witnessing it themselves and then acting upon it independently.

RISE ABOVE IT - Provided you are not being physically abused, try to rise above the comments actions of the bully. They garner their enjoyment and power from your reaction and discomfort. If you can take that away from them - even if you're only pretending for a while- they may get tired of trying to upset you and look for a new target.

TRY HUMOR TO DEFUSE IT - Sometimes using humor against verbal bullying will defuse it. Never try to abuse the bully back using humor or any other comments, but try to make them laugh with you. Laughter reduces stress and aggression in everyone, including bullies.

KEEP A DIARY - If you're being bullied, keep a diary of what is said, when, where, and by whom. This can help you to keep the incidents accurate and in perspective, and it can also help you to engage adults, counselors, and principals to assist you in actively resolving the problem.

SUPPORT OTHER VICTIMS - Stand up for anyone else who is a victim of bullying. Stand next to them in silent support, verbally negate the bullies words if you feel safe and comfortable doing so. Tell the bully their action is unacceptable if you feel safe and comfortable doing so.

GET TRAINED - Find a local non-profit or martial arts organization that provides self-defense or school bullying defense training. Consider taking martial arts to help develop your self-confidence, self-esteem, and sense of security in the face of a bully.

MOST IMPORTANTLY

- Don't blame yourself - it's NEVER your fault
- Don't become verbally abusive back
- NEVER become physical, unless you believe your life or physical safety in danger
- NEVER feel as though your "grassing" when you report bullying - that threat is just another way the bullies intimidate people
- NEVER avoid school, clubs, or activities because as a result of bullying. Act to resolve it
- NEVER, EVER consider hurting yourself or hurting others as a result of bullying.