

## **THE DISCLAIMER**

We are not trying to provide three-hours of class training in one small brochure, and we strongly encourage everyone to attend a formal anti-bullying class in your area, if you can. We do hope, however, that these tips may help you in the meantime.

The best form of defense is getting involved. Report bullying when you see it to authority figures or Law Enforcement personnel. Stand up to bullies, or stand up for victims, if you feel able and feel it is safe to do so.

The tips and techniques we present are far from exhaustive, may have more suitable alternatives for your particular circumstances, and may not apply to your situation all the time.

Use them as a guide, and seek assistance and support from others.

## **DISCLAIMER**

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

Community Patrol Service is a not-for-profit group run entirely by unpaid volunteers.

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# **COMMUNITY PATROL SERVICE**

**EZ-DEFENSE PROGRAM**

## **BULLYING**



*“Building Safer Neighborhoods by  
Collaborating on Community Safety  
and Security”*

**ESTABLISHED IN 1998**

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**TELL SOMEONE** – If you are being abused for any reason it is important that you tell someone “in authority” about it. Bullying in any form is unacceptable and can lead to more aggressive assaults or deadly incidents. Telling someone should start the process of addressing and preventing the bullying.

**SEEK SUPPORT** – Try to stay in the company of your friends or ask them to help you in countering the bully. Most bullies enjoy the power and influence they have over their victims. If you can limit that by having others stand with you, they may no longer view you as an easy target.

**JOIN A CLUB OR GROUP** – The more friends you have, the more support you have. Consider joining a club or group to increase your circle of friends, and your circle of support who will stand with you against any bullying.

**JOIN OR CREATE** - If your school or facility has an anti-bullying club, or a tolerance club, or anything similar, join it and relate your problems with bullying to garner their support and assistance. If not such club or group exists, consider trying to create one on your own. If you’re part of the solution, you are no longer just a victim.

**AVOID TROUBLE SPOTS** – If possible, avoid the places, situations, or times that the bully likes to engage you. Try walking with friends, take a different route, or go at a different time. If this is just not possible let someone “in authority” know these details, so they have a better chance of witnessing the act and responding to it appropriately

**RISE ABOVE IT** – Provided you are not being physically abused, try to rise above comments or insults by bullies. They garner their enjoyment and power from their victims reaction and discomfort. If you can take that away from them – even if you’re only pretending not to be bothered – they may get tired and leave you alone.

**TRY HUMOR** – Sometimes using humor against verbal bullying will defuse it. Never try to abuse the bully back, but try to make them laugh WITH you rather than at you. Laughter reduces stress and aggression in everyone, and it may just work for you.

**RECORD EVERYTHING** – If you are being bullied, record everything that is said and done as much as possible. Write down dates, times, locations, and incidents in a diary. Record verbal bullying with your cell phone if possible. This can help you to keep incidents accurate and in perspective and can be vital when those “in authority” decide to act in pressing the case against the bully or bullies.

**SUPPORT OTHER VICTIMS** – Stand up for anyone else being bullied. 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 and will be reported to “the authorities.”

**PERSONAL ALARM** – Everyone should carry a personal alarm with them at all times. This small device emits a piercing sound when activated and may dissuade an attacker, and attract assistance at the same time.

**GET TRAINED** – Find a local self-defense or martial arts organization that may offer anti-bullying training. Having more skills, knowledge, and confidence may be enough to make all the difference.

**MOST IMPORTANTLY** –

- Don’t blame yourself
- Don’t become a bully yourself in response
- Don’t get physical unless your safety is in danger
- Don’t hesitate to report bullying, against you or others.
- Don’t consider hurting yourself – or others – as a way to resolve bullying.