

## **Dealing with STRESS**

Stress is both good and bad and can affect your mind and body. Stress causes different feelings (sad, mad, happy, uncomfortable) also it can affect our decision making. It can affect your body headaches, feeling of hopelessness, even physical signs.

We avoid things that negatively stress us and if we can turn a negative into a positive. Some negative stress cannot be avoided so we have to deal with it to where our bodies do not get harmed.

Having to take a test?

Going to a party or dance?

Moving to another town?

Dealing with a situation with our family?

Dealing with someone who is bullying or targeting you in other ways?

Everyone agrees that yelling and fighting does not handle the stress.

Options: Calm discussion, talk to someone else, walk away from it, talk to someone at school like a counselor, teacher, parent, or talk to police. Handle it in a positive way not a violent way. In some cases it may take a while for the stress to relieve. Do not get frustrated.

Our bodies are made to handle both good and bad stress to a degree. Try to keep the balance.

## **BULLEIVING**

There are many ways to hurt another person, and there are some people you may know who try their best to do just that. They go around behaving badly, saying things that cause pain, anger, sadness to others. They think it's funny. These are bullies.

Almost everyone agrees that bullying is wrong-even most bullies will admit this if you ask them privately. Do you think a bully can be changed through kindness and friendship?

## **Cause of Bullying**

Things like video games and television can encourage aggression and violence. They try to act out like the actor does. Young people sometimes think they can get away with acting like what they see through these things not often are the results going to be the same. Exposure to real violence is also a factor in bullying. A victim over time may himself become a bully. A false lesson that is taught is that the best way to defend your self is to be mean to others. (Toughest kid in the classroom or on the block). Bully's behavior is not a sign of strength, more a sign of hurt, insecurity, worry, or fear.

## **Types of Bullying**

**Physical bullying:** pushing tripping and hitting.

**Verbal bullying:** teasing, mocking, threaten, taunt, spreading rumors about, gossip and lies. Verbal bullying spreads quickly by word of mouth, text messages, and internet. Designed to be as hurtful as possible, targeting physical appearance, race, and family. What makes verbal abuse more hurtful is that it usually involves a larger audience. As a victim, is it worth making changes to yourself to make that one person happy? If you did wouldn't they find something else to do to try to control you and bully you?

Some forms of bullying actually involve criminal behavior. Bullies who carry weapons, vandalize property, take lunch money, even force others to do their school work, or even chores.

Anyone can be a target of a bully.

Bystanders may feel frightened and will not say anything or act like they know what is going on to stay safe. Some even pretend to be a bully's friend to just stay safe from their attack.

How many actual bullies do you know of at your school?

How many targets of bullies do you know right now?

How many frightened bystanders do you know right now?

### **What can you do about Bullying**

First remember that bullying is common and widespread, it is not permanent.

If at all possible tell someone else about your experience, this can help ease the pain. Try to blend in with others, bullies pick on those who are isolated. Tell school officials, parents or even police, reaching out and getting good advice.

If you see someone being bullied you can also do the above. You can prevent a tragedy from happening. DO NOT make it like a gang to keep someone safe, sooner or later that can become a problem for all involved.

Be active, school sports, clubs and organizations are often safe havens from bullies.

Laughing along, suggests that teasing doesn't bother or upset you.

Change the subject.

Learn verbal self-defense:

"Its s ok", "whatever you say", "it doesn't bother me", "anything else?", "gee thanks for pointing that out", "I'm glad someone else cares to notice".

### **WARNING!!!**

Many adults including some parents suggest that the best way to deal with bullies is to stand up to them and fight them. They may even want to go confront that person or parents of that person, maybe a shouting match or even physical violence. Physical violence is a harmful and unsafe strategy. Today's fights are not limited to fists, there are sometimes weapons used, at all costs avoid fighting.

What if someone thinks you're a bully?

Do a self-check. Ask yourself how you would feel if you were that person. Bullies don't have true friends. When you are a bully, it is almost impossible to have true

friends. Your targets are likely to hate you. Your peers may act nice. But secretly many of them are fearful of you, or think's that you are just a mean person. In time, if you treat people miserably, the word will spread and others will begin to avoid you. You will end up with a few FAKE friends and may quiet enemies.

**Teamwork:** Two or more people working together on a task consisting of friends/family/police/trusted adults. A positive friend is someone who helps you to make positive good decisions and not talk you into doing the wrong things.

**What qualities are important to you in a friend?**

**What positive things do friends do for you?**

**What positive things do you do for friends?**

**Thinking of ten of your friends, how many have the qualities you named above and do the positive things for you?**

**Name some positive games to play with friends. Always keep in mind that they may not all want to participate.**

**How should you handle someone that is not a positive person for you?**

**When someone makes you mad, what is the best thing to do?**

**Pressure from friends:**

This is when our friends of our age try to pressure us to do what we don't want to do, feel we shouldn't do or just bad at all to do

You know the difference between right and wrong, and it seems they use their friendship with us to make us do things.

Can you name something you were pressured by friends to do that you didn't want to do?

If your parents have stepped out and tell you no one is allowed in the house while they are gone, that means that!!!

If a friend calls or comes by and wants to come in just tell them through the door that your parents said no visitors while they are gone. A true friend will understand and come back later or another time.

If you have friends over and you are playing in a room, be watchful they mind the families privacy and rule and not touch or play with things that are not yours to play with. If they break something or take something you will be the one to get in trouble so think safety for the family.

**REMEMBER:**

A friend that does something and wants you to cover with a lie for them is not a true friend.

A Friend that steals something or wants you to steal something is not a true friend.

### **Good Friends:**

You choose your friends by the needs you have. Needs such as:

Positive in every way, someone you have fun with, can talk to, do things together that you both agree upon.

No pressure to do wrong things

Very few or no arguments

Likes to do the same or similar things you do, you feel easy to be around.

Someone you can talk to and they listen or have good advise

Someone that doesn't make fun of you, or put you or family members down.

### **Bad Friends:**

They lie, stretch the truth, sometimes just to get you or someone else in trouble or start a fight

GOSSIPING about others and will not stop, sometimes going from one person to another with their gossip.

They do not care about others feelings

Handle them by: Don't repeat what they say. Ignore gossip, as much as possible-reject it!!! Correct it when appropriate-set the record straight.

Confront gossip when its necessary-not with a crowd of on lookers. Handle yourself in a calm manner.

Gossip dies if you ignore it.

The best response to Gossipers is "Get a Life"

Gossip can hurt-build your self-esteem, make a list of all your good qualities and be proud of who you are.

Avoid people who gossip-so you don't become their target next. People who don't believe in gossip make the best friends in the world.

### **TEAM WORK:**

Team is more than one person, with the same goal.

Some team members are better at what they are doing than others but they are still part of a team, therefore a good team mate will cheer on the others and help each other out to reach the goal.

### **TEAM WORK GAMES:**

Relay races-crab walk, pass the stick

Chain-hold hand-step by step without breaking the link

Lock elbows-step by step

Blindfold trust walk. First person can see and his followers are in a row behind him holding hands going where he/she goes but they are blind folded

Jump rope contest

Pass the secret- a line of ten pass the secret and the last person says it out loud (it should be as first stated)

Sports are all about teamwork.

### **Respect for others and myself**

What is respect? Being Courteous, non-violent tone of voice when complying or denying.

Who needs to be respectful? **Everyone**

There are ways to say **NO** while being respectful.

What is disrespect? **Hateful tone, non-compliant, demanding**

What can happen if you disrespect an adult?

What can happen if you disrespect a peer?

How do you handle someone that disrespects you?

Are you accountable for being disrespectful to someone that disrespects you?

Are you accountable for being disrespectful to someone, if you are mad about something else or someone else?

### **FACTS:**

At the age of ten (10) you can be arrested, you are old enough to understand right from wrong. These are just a few things you might like to know about.

**Disturbing the peace**- alarming others around you, by use of loud language, abusive and foul language.

**Simple assault**- verbal threats to harm another person, whether they mean it or not. (Threats of Hitting, punching, slapping)

**Aggravated Assault**- making verbal threats of bodily harm or death to another person. (threat to hit someone with an object, stabbing, shooting, killing)

**Simple Battery**- putting hands on another person without their permission

**Aggravated Battery**- using an object to strike another person.

### **Alternatives: You have heard this before.....**

Walk away from others who are disrespecting you.

Even if it angers you, talk calmly, respectfully, take a deep breath and walk away.

Report the incident in a calm manner to someone of authority. (Parent, caretaker, teacher, a counselor, principal, or police)

Be the bigger person. Once you lose your cool you have lost the battle. Choosing to tell and report does not make you a tattler, it makes you more responsible.

During a discussion it is not who is the loudest that wins. Keep an even tone of voice.

Taking a deep breath and telling yourself to calm down before responding to what was said helps you keep control.

Making a good choice will save you from being in trouble for your negative actions and it will show people who the better person is, under pressure.