

BULLY RESILIENCE

Changing the game



for teens

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Presented for teens with easy to follow concepts and interactive strategies for resilient choices.

Gwen specialises in working with children, adolescents, parents and teachers.

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CONTENTS

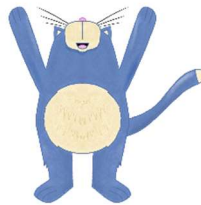
CHAPTER ONE:	
An old problem.....	5
This book is for you.....	6
You always have a choice.....	10
CHAPTER TWO:	
Resilience.....	11
CHAPTER THREE:	
The Bully-game.....	13
Bob and Ollie.....	14
The Bully-game is a game of power.....	15
CHAPTER FOUR:	
The Game Players.....	17
The role of the bully in the Bully-game.....	17
The role of the victim in the Bully-game.....	19
You are not a victim.....	20
CHAPTER FIVE:	
What keeps people in the game?.....	21
The Behaviour Burger.....	21
The A.B.C Burger.....	22
What happens in the Bully-game.....	24
Ollie's A.B.C. in the Bully-Game.....	25
CHAPTER SIX:	
Repetitive Teasing Topics.....	27
CHAPTER SEVEN:	
Changing the Game.....	30
Be Prepared.....	31
STRATEGY ONE:	
The Line of Separation.....	33
STRATEGY TWO:	
Do Not React.....	36
Reacting Vs Responding.....	37
STRATEGY THREE:	
Switch off unhelpful social media.....	40
Is it helpful?.....	40
Topics change quickly.....	41
STRATEGY FOUR:	
Find Your Voice.....	43
What does it mean to 'find your voice'?.....	43
Say what needs to be said.....	44
STRATEGY FIVE:	
Engage Support.....	46
CHAPTER EIGHT:	
Wrapping it up.....	48
Be a team.....	48
Remember the ABC Burger.....	49
The journey to resilience is on-going.....	50



1. The Line of Separation



2. Do Not React



3. Switch Off Unhelpful Social Media



4. Find Your Voice



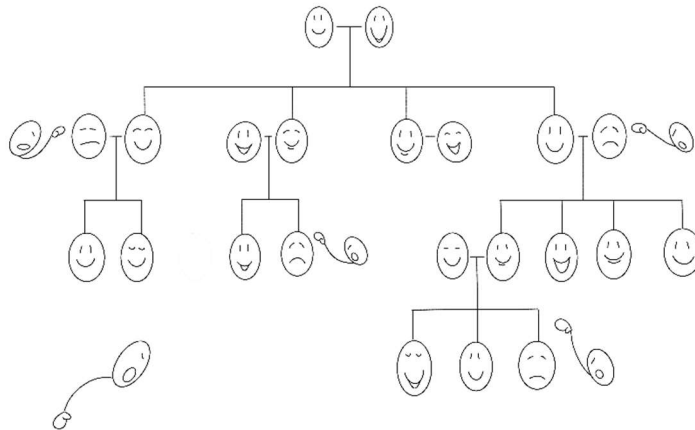
5. Engage Support

CHAPTER ONE:

An Old Problem

Bullying is a problem that has been around for a very, very long time. It is also a problem that will continue to exist long into the future. Despite all of the programs and books intended to help stop bullying, it still happens!

I have experienced being bullied. My kids have been bullied and my parents were bullied – that is just one family. Imagine that same pattern being repeated over and over for every family there has ever been. That is a lot of people being bullied and a lot of people doing the bullying. Have you got the picture? It is a nasty business and it is not going to stop.



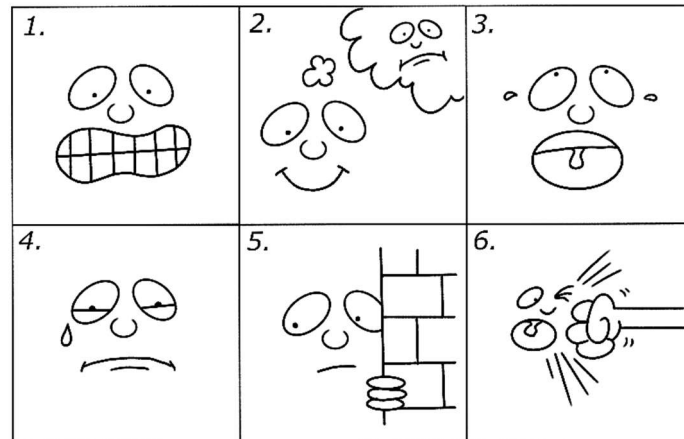
Bullying keeps happening one generation after another

This book is for you

If you find yourself getting upset because of teasing, taunting or bullying, then this book is for you. Perhaps you feel as though you cannot help it. Maybe you have been teased until you are angry and crying. Perhaps you feel miserable because it feels like people are always being mean to you. Please keep reading to learn what you can do to change this.

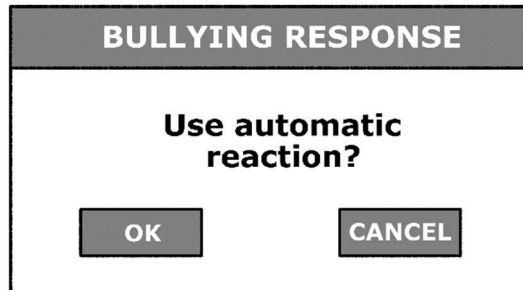
Your reactions may be:

1. Clenching your teeth quietly. 2. Feeling annoyed or hurt and not showing it. 3. Yelling and screaming. 4. Crying in front of others. 5. Hiding to avoid other people. 6. Kicking or punching.



How do you react to bullying?

Reactions can be so automatic that they are like a computer's default setting. But what if you could change the setting? What if you could cancel your automatic reaction and have choice instead?



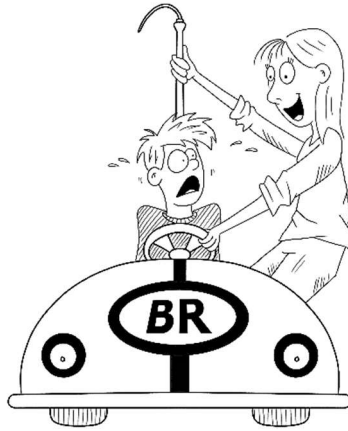
My message to you is that *you have a choice* in how you respond to being bullied. You always have a choice. It *is* possible to stop other people from having power over your Mind and Emotions. It requires making some helpful choices.

If there has been physical bullying, then please tell a trusted adult.

This book is your helper

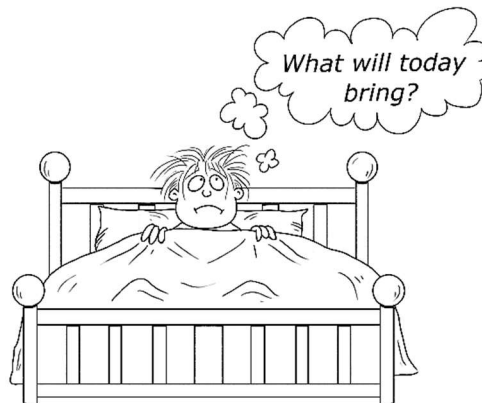
Have you ever tried the Dodgem Cars at festivals and carnivals? I have enjoyed zooming around on them, and I have enjoyed watching others. For those who keep crashing, the ride attendant usually stands on the back of their car and will take temporary control of the steering wheel. After receiving some help, the driver continues on with more success.

With this picture in mind, I would like you to consider this book as being like the attendant on the back of your dodgem car. With a bit of guidance, you'll be able to steer yourself through life, instead of getting knocked around by others.



It's t me to get some help

This book aims to introduce you to ideas and strategies that will help keep you safe. How you feel does not need to depend on how others treat you.



How you feel should not depend on how others treat you

Being *Bully Resilient* is about being able to feel calm and being able to protect your Mind and Emotions. Just like water runs off the back of a duck, being *Bully Resilient* means that hurtful words do not stick.



Bully Resilience means insults are like water off a duck's back

Unfortunately, some people have experienced a lot of bullying for a very long time. If you have suffered from this type of bullying then you may need some extra help to feel good about yourself and to learn how to feel safe. *There is no shame in seeking help.* Unfortunately, if you have a history of being bullied, it is easy to feel like you are a target for bullies.



Some people feel like a target for bullies

You always have a choice

The Number One Goal of *Bully Resilience*: changing the game, is to teach you that you have a choice.

A bullying incident occurred when I was about ten years old and I went to a friend's house to play. My friend had other friends over and one of them started to tease me by calling me names. I remember reacting with, 'I am not!' Another joined, and then my friend joined them in teasing me. It was horrible. I only knew of one way of reacting and that was to continually say 'I am not', and 'stop it'. I was outnumbered. The more I reacted, the more they teased me.

As an adult, I have wondered why I stayed there. They were clearly not going to stop. I was also free to leave whenever I wanted to, but I didn't. I stayed even though I was upset and embarrassed.

I have concluded that I DID NOT KNOW I HAD A CHOICE. I only knew how to continually defend and react, even though it didn't change anything. I had a choice in how to respond but I didn't know it. The ability to choose is empowering.

You always have a choice.

As you read this book, I invite you to:

- think differently about bullying
- think differently about bullies
- think differently about yourself.

This book will also introduce you to strategies that will help you break free from being controlled by other people.