

# HEROES OF HOPE

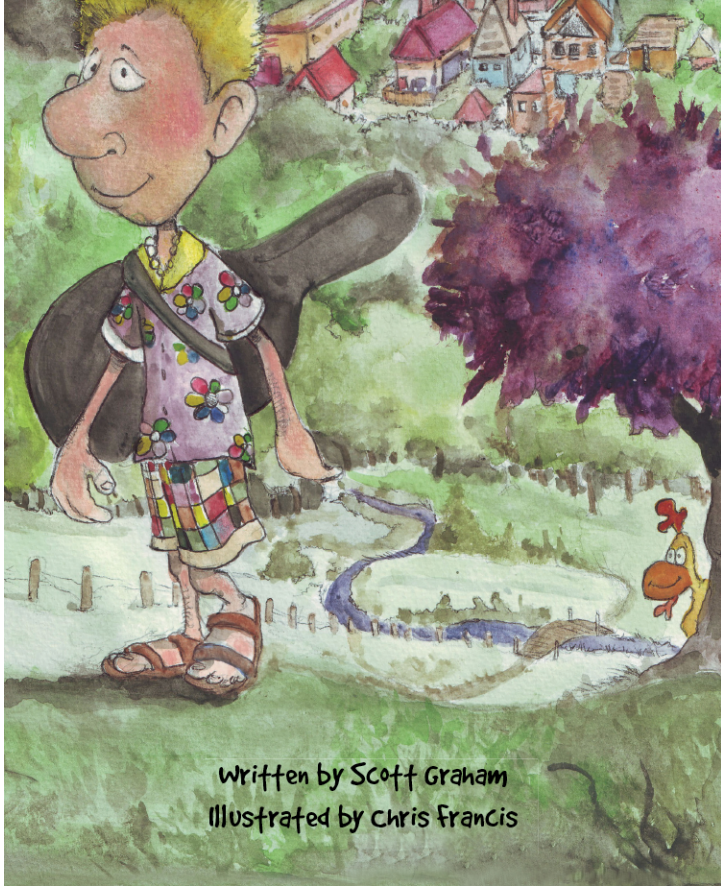
LEADERSHIP FOR EVERYONE



Written by Scott Graham  
Illustrated by Chris Francis

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Illustrated by Chris Francis

Kids 4 Kids Productions  
First edition published 2009

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kids@kids4kids.ca

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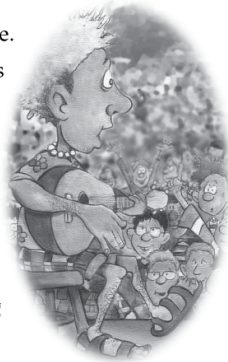
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| Connor Parkin       | Jon Taylor         |
| Brennan Parkin      | Matthew Stone      |

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Dedicated to the memory of:

Isabella Graham

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## HEROES OF HOPE

Leadership Training for Everyone

*Heroes of Hope* has been written to help and encourage children to pursue their personal best, learn from life's experiences and transfer the lessons to others.

My hope is that individuals who work with children will find the content of *Heroes of Hope* helpful in teaching children positive ways of dealing with negative situations.

This book is straightforward and pinpoints situations children deal with. It delivers practical strategies that are easy to learn and that work.

The information in this book has been accumulated through research, experience with children and observation.

In 1993, I started the Kids 4 Kids Leadership Program which uses the information in this book to help steer children toward their inner leader. The content of *Heroes of Hope* has impacted over 17,000 children through Kids 4 Kids after school programs as well as summer day and residential camps.



## BECOMING A LEADER

*"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."* John Quincy Adams

Becoming a leader is a lifelong journey. It is a journey that starts with the right attitude. We must be willing to learn, look for opportunities to grow, never give up, and use whatever comes our way to not only help ourselves, but others as well.

- Be willing to make mistakes, but take the time to learn from them.
- Be willing to take positive criticism; from this we can grow.
- Appreciate your differences, and respect and learn from others.
- Define the leader you want to be or someone will do it for you.
- Know who you want to become and do not let anything or anyone distract you from your journey.
- When you are given the opportunity to help someone, help.
- When you are given the opportunity to stand up for someone, stand up.
- When you are given a life to live, live it.
- When you are given the chance to lead, lead.
- Become a leader.

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**KIDS 4 KIDS**

**School Programs & Summer Camps**

Kids 4 Kids Leadership Programs were established in 1993 and boast a membership of over 17,000 children. Scott Graham, creator of the Kids 4 Kids Leadership Programs is a pioneer in leadership for school age children. During a Kids 4 Kids program, children are taught through cooperative games, team building activities, stories, music, role-plays and discussions. At Kids 4 Kids, we believe it is important to use activities that children enjoy when teaching them important leadership skills.

There are four different five week programs to choose from: Leadership, Power Tools, The Esteem, and Simply Safe. The content of these programs make up this book.

Heroes of Hope was created out of the desire to capture a child's willingness to help others, but was also created out of frustration. It was

extremely difficult to find a resource that consisted of easy to apply strategies for children that were practical, useful and kid-friendly. Well, here it is: Heroes of Hope.

**Kids 4 Kids Leadership Programs**

|  |
|--|
| <b>LEADERSHIP</b>  |
| <i>Topics include:</i> The Characteristics of a Leader; Honesty, Integrity, Good Sportsmanship, Becoming a Team Player, Becoming a Role Model; Anti-Bullying Strategies Part 1; Anger Management Strategies; Dealing with Peer Pressure. |
| <b>POWER TOOLS</b>   |
| <i>Topics include:</i> Respect and Responsibility; Anti-Bullying Strategies Part 2; Making and Keeping Friends; Conflict Resolution.   |
| <b>THE ESTEEM</b>  |
| <i>Topics include:</i> Retaining Self Esteem and Building Confidence; Living Beyond Labels; Setting Realistic Goals; Motivation.   |
| <b>SIMPLY SAFE</b>   |
| <i>Topics include:</i> Community Safety; Stranger Danger; Good Touch/Bad Touch; Abduction; Internet Safety.  |

"The Advantage Every Child Needs"

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“The Advantage Every Child Needs”

## A Brief Introduction to SCOTT GRAHAM

Scott Graham studied Social Development at the University of Waterloo specializing in child abuse prevention and treatment.

Scott is an individual who embraces his learning disability and attention deficit disorder as gifts and not as limitations.

*"I believe I have become a bestselling author, singer/songwriter and keynote speaker not despite my differences, but because of them." Scott Graham*

Scott has always enjoyed performing and that is how the Kids 4 Kids Leadership Programs and summer camps came to be. He put his love of performing together with his compassion for children to create a highly motivational, energetic children's program.

*"He has children focused on his every word, inspiring them like I have never seen anyone do before. When I asked the children to name a Canadian hero at a Terry Fox assembly one child put up his hand and said, "Scott Graham!" He is pure magic! Sir Adam Beck Public School-principal*

When you meet Scott, you see a mild mannered individual who has an obvious love for children. When you put him in front of a group of children he energizes and becomes a larger-than-

life personality. When you read through Heroes of Hope you will see what children see and why they are so motivated and inspired to become leaders.

*"We cannot tell what may happen to you in the strange medley of life. However, we can decide what happens to us - how we take it, what we do with it - and that is what really counts in the end."*

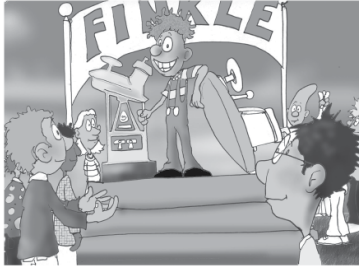
*Joseph F. Newton*

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*Joseph F. Newton*

## LEADERSHIP



It's not true that nice guys finish last. Nice guys are winners before the game even starts.

Becoming a leader is more than just assuming a leadership position. There are a lot of people whom assume leadership positions, but are terrible leaders. For example, there are people who are overly critical, bossy, lack integrity, lie, cheat and are mean. People with these characteristics are not good leaders. They do not motivate people, but rather they intimidate and demoralize.

The leader I wish to become is a leader who motivates instead of humiliates; a leader who teaches rather than preaches. I will define who I want to be and what kind of leader I must become, before others try to do it for me.

Here are some basic leader attributes you can build your foundation on. These attributes will be discussed in more detail further on in this book.

MORAL  
HONEST  
RESPECTFUL  
ETHICAL  
HAS INTEGRITY  
WORDS MATCH ACTIONS  
GOAL SETTER  
ACHIEVER  
SELF-CONTROL  
NON REACTIVE  
GOOD LISTENER  
PROBLEM SOLVER  
TAKES INITIATIVE  
POSITIVE ATTITUDE  
GOOD COMMUNICATOR  
STANDS UP FOR BELIEFS  
MOTIVATIONAL  
LEARNS FROM MISTAKES  
IS MOTIVATED TO IMPROVE  
CORRECTS OTHERS APPROPRIATELY  
PURSUES OPPORTUNITIES TO HELP OTHERS  
REINFORCES POSITIVE BEHAVIOUR

These are just some of the leader characteristics I wish to develop. What are yours? Spend a few minutes to create a list of lead characteristics you wish to develop.

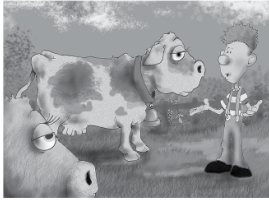
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## ARE YOU A LEADER OR A FOLLOWER?



Every accomplishment, great or small,  
begins with, "I'll try."

### Leaders:

- make their own decisions
- stick up for what they believe in
- are not afraid of what other people think
- will not sacrifice their beliefs in order to fit in
- do not give up no matter how hard something is
- have the "I will try" attitude
- use mistakes as life lessons – they learn from their mistakes
- attract others by showing that they can handle difficult social situations like peer pressure, teasing and anger in a thoughtful, positive manner
- gain admiration and respect
- help and teach others by being a good role model
- are given opportunities because they are noticed in a positive way

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- listen to other people's opinions and are sensitive to different beliefs, traditions and opinions
- are caring of others
- encourage others
- are good sports
- have integrity; they "walk their talk"
- are honest
- keep their promises
- look for ways of developing their leadership skills – it is a life long journey

### Life Lesson - Integrity - "Walk Your Talk"

Integrity is the consistency between your words and your actions. For example, if you say it is wrong to swear, you should not swear. Your words match your actions. If you say it is wrong to smoke, you should not smoke. Again, your words are consistent with your actions.

Integrity is crucial if you want to be an effective leader – you want your group to believe in you and have faith in what you are teaching.

People who have integrity develop a positive reputation; they "walk their talk." They are seen as honest, ethical and integral. Leaders who have this kind of reputation are less likely to be affected by gossip or slander.

Learning to count is not as important  
as learning what counts.

16

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## BUILD YOURSELF A HERO

It's not whether you get knocked down,  
it's whether you get up.

We are all born with strengths and weaknesses. It is those who use their strengths to develop their weaknesses who have found the power that enables them to enter into a new situation with a sense of adventure. They take risks and have the confidence to do so. Too often we talk ourselves out of what we are capable of doing because we lack this power. But how do we tap into this power?

**Define Your Inner Leader:** The first thing we need to do is define what makes us who we are. Some of us have labels like Attention Deficit with Hyperactivity Disorder (ADHD) or Learning Disabled. Others have "Athlete," "Musician," "Shy," or "Outgoing." Whether we have a fixed label or not, we all have strengths and weaknesses. We need to figure out what our strengths and weaknesses are and work with the labels we have affixed to ourselves, so we can develop our inner leader. *Beethoven*, lost his hearing, but still managed to write some of the most famous symphonies the world has ever heard. *Walt Disney*



had a Learning Disability and was turned down by many companies before someone gave him a chance to prove himself as a cartoonist. The list of the people who used their strengths to overcome weaknesses is endless. It is much easier to give up and not take chances. Those who take risks are people who will eventually reach their full potential.

It is important to have an accurate perception of your strengths and weaknesses so that you can develop and secure a sense of who you are and where you are going. There are people who think too much about their weaknesses. You see, the power that you are looking for comes from feeling good about yourself. If you are constantly thinking about the things you cannot do, you will never reach your potential. Think about the things you want to do and do them. Don't make excuses. Look for opportunities which will help you reach your potential. Take chances. Do whatever it takes to help you feel good about yourself. Every time you take a chance and are successful, you give yourself a little more of this power. With this power comes the confidence to try whatever comes your way.

When I was in grade 7 I realized that I had difficulty reading and writing. I learned what my learning disability was and as much as I could about my ADHD. I used this information to propel myself towards becoming a bestselling author.

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When I was in grade 7 I realized that I had difficulty reading and writing. I learned what my learning disability was and as much as I could about my ADHD. I used this information to propel myself towards becoming a bestselling author.

I also had the pleasure of being involved in a rock group for six years. My decision to be in a rock band came with many risks. With these risks came many rewards and opportunities. I gained the confidence to stand in front of large audiences and entertain. I also gained an appreciation for making good decisions. When I was involved in a rock band, I met people who were making poor decisions and I saw where it led them. This motivated me to make good decisions that would not only help me, but others as well. If I had not acted on the opportunity of being in this band I would probably be in a different position in life now.

The power lies deep within all of us. Be willing to hear 1,000 “no’s” because you only need one “yes.” Take risks, look for opportunities and keep the “I will try” attitude. If you feel good about yourself, you have the power, and each time you take a risk, you help yourself find this power that will lead you toward experiences, opportunities and successes.

As you become successful, be prepared for people I refer to as “Saggy Pusses;” negative people who attempt to steer you away from your potential and your right to celebrate each day’s successes and failures. These individuals only have the power if you give them the power.

*The greatest success is successful  
self-acceptance.*

## How To DEAL WITH A “SAGGY PUSS”

*If you look for the bad in people  
expecting to find it, you surely will.*



A “Saggy Puss” is a person who is in a perpetual miserable mood. They walk around in a dark cloud, infecting other people with their dim outlook on life and bad attitude. How does a leader deal with such a person? What do you do when someone is pur-

posefully mean, rude, or cruel to you?

My advice is to use these confrontations as leadership opportunities. You could be reactive and start yelling and throw your hands about, however all you will be doing is adding fuel to their fire. You may even be giving this “Saggy Puss” justification for treating you poorly. What you want to do is rise to the occasion. You have an opportunity to model self control, tolerance, patience and assertiveness. Here’s what you do:

1. Take deep breaths and in your head repeat:,  
‘Stay Calm... Don’t React... Stay Calm... Don’t React.’
2. Look the “Saggy Puss” directly in the eye.

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2. Look the “Saggy Puss” directly in the eye.

3. Use a calm, controlled tone of voice.
4. Be aware of your body language. Stand Straight. Don't Fidget. Remain Calm.
5. Direct a calm, carefully thought out message. If the "Saggy Puss" is offending you, tell them. If they are being rude, tell them.
6. Being nice works as well. If you respond in a manner that is unexpected, such as being overly nice, you are likely to defuse the situation and bring the inappropriate behaviour to the attention of the "Saggy Puss."

There are some people in this life who constantly focus on the negative and are unable to move past their situation or re-address their focus on what could be a positive situation. They focus their attention on the negative in their lives and only see negativity in others.

It does not matter what situation you go through, because every negative situation has a positive side. It's easier to wallow in your pain and misery. However, because it is a choice, it is far better to realign yourself and focus on how you can use a negative situation in a positive way. It is not easy, but it is possible.

I am constantly learning life lessons from the children I work with. One example that comes to mind is the story of Sara. I was working with a group of children at the Hospital for Sick Children in Toronto. The entire group of children had settled into an active game of dodge ball. Sara was five minutes late. When she entered the room every

set of eyes was on this young lady. Sara was born with a cranial/facial difference. Every child in the room was trying to figure out why Sara looked the way she did.

Sara announced that she knew she "didn't look like any beauty queen, but knew, once everyone got to know her that they would realize how cool she was."

She was right. Every child in that room wanted to be Sara's friend by the end of that day. She taught everyone the importance of using whatever comes to you in life to not only help yourself, but to help others as well.

There is a story I once heard of two brothers who had an alcoholic father. When they grew up one brother became a leader in his community and the other became an alcoholic like his dad. When they were asked who their biggest influence was in their lives, they both said it was their father. You see, one brother used his dad as an example of someone he did not want to become. The other brother used his dad's example as an excuse to why he became an alcoholic.

*Life is filled with lessons and it is up to us to learn, grow and teach what we've learned.*

set of eyes was on this young lady. Sara was born with a cranial/facial difference. Every child in the room was trying to figure out why Sara looked the way she did.

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## TAKING INITIATIVE

Boldness has genius and power and magic in it.

Taking initiative means to do something before you are asked. For example, your bedroom is a disaster. You know your mom and dad are going to ask you to clean it up. Before they ask, you take the initiative and clean it up.



A leader will see what needs to be done and will take initiative. One of the greatest assets to an organization is the individual who doesn't need to be told what to do all the time. Leaders are always looking for ways of assisting. Take initiative. Show everyone what kind of leader you are.

*"Success seems to be connected with action.*

*Successful people keep moving.*

*They make mistakes, but they don't quit."*

*Conrad Hilton*

## THE RIPPLE EFFECT



*Few of us get dizzy from  
too many good turns.*

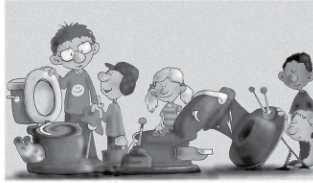
### **Definition:**

The "Ripple Effect" refers to the power a person has when they do a good deed for someone else. When people perform random acts of kindness, they feel good about themselves, raise their self-esteem and in turn make someone else feel great! People who perform unselfish acts of kindness are admired and given opportunities.

### **You:**

- receive positive attention
- have people talking about you in a positive manner, reinforcing a positive image
- are given opportunities because you have proven yourself to be reliable and trustworthy
- will find that people will do for you what you have done for them

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- are admired and respected by others
- will be a person other people will want to be like
- will stand out in a crowd; people will see you as a leader
- will feel great about yourself, increasing your feelings of self-esteem and self-worth
- will develop the confidence to do anything you set your mind to do

We live in the “Entitlement Era,” where people think they are entitled to opportunities and material possessions that they have neither worked for nor earned.

Individuals who have a good work ethic think beyond themselves and search for ways of helping others. They have figured out that the true reward in life is the way you feel about yourself when you help others and work for success.

*If you don't see yourself as a winner,  
then you cannot perform as a winner.*

## SPORTSMANSHIP



There are two ways to exert your strength. One is pushing down, the other is pulling up.

- Be a role model – you can teach others by talking with your friends and relaying information

that you have learned. You can also teach your friends by setting a good example. Many people learn by watching others.

- Encourage others – help other members of your team who may not have your skills or who may not understand the rules of the game.
- Work as a team – look for opportunities to help your team out. As it has been said, “There is no “I” in TEAM.”

### Ways of Helping Your Team

- If you get the ball, pass it to a fellow teammate instead of keeping it.
- Always play by the rules; if you are out, you're out; do not change the rules to meet your ego.
- Make sure you listen when your coach is teaching you the rules of a game.
- If you do not understand the rules or are not listening when the coach is explaining them to

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you, you will be playing by your own rules. It will look as if you are cheating.

- Handle both winning and losing in a sportsmanlike fashion.
- If you lose, learn from your mistakes and use this loss to empower you in your next game.
- If you win, congratulate the other team on a good game – don't gloat.
- Make sure you listen to all of the instructions before asking questions – many people ask questions before the instructions are over. If you wait, your question may be answered. If you interrupt, you are wasting valuable game time.
- Don't waste your time arguing with other players. If you suspect another player of cheating, the chances are that other people have noticed too. People who cheat eventually get a reputation as a cheater – eventually no one will want them on their team.
- Sometimes it may look like someone is cheating, when they are not. 1) They may have misunderstood a rule. 2) They weren't paying attention to the rules, so they play by the wrong rules. 3) It looked as if they were out, but what you saw was not accurate. An example of this would be seeing a player being hit by a ball in dodge ball. It appeared that they were hit, but the ball did not hit them, or it brushed by their clothes and was not felt by the player.
- Be as good a sport as you can and leave poor sports alone. They will either learn to be good

sports or they will become unpopular very fast. If you suspect someone of cheating my rule is to call it once, "I think you are supposed to be out," then let it go. Focusing on the game is more important than focusing on the person you think is cheating.

- If you get angry, turn your anger into energy. For example, if you are playing hockey and someone makes you angry, instead of fighting, skate faster, play harder. If you fight, you will be of no use to your team as you will either be in the penalty box or out of the game.
- Know when to use your leadership skills. If there are too many people leading at the same time, nothing gets done. When the opportunity is right, use your leadership skills.
- Communicate with your fellow players. Call out their name if you are about to pass the ball and if you have a strategy, communicate it with *all* of your team.
- Don't be an imitation of what you see and hear. You may see many people cheating and playing unfairly. It doesn't matter if everyone is doing the wrong thing because it's still the wrong thing. ALWAYS DO YOUR BEST and try to improve your skills every chance you get.

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# RESPECT



"Leadership is the capacity and will to rally men and women to a common purpose and the character which inspires confidence." Bernard Montgomery

## What Is Respect?

Respect involves treating people and their property in a way that reflects kindness and politeness. It means treating other people in the manner you would like to be treated.

## How Do You Show Respect?

- Speak politely, especially to people who are older than you, like your parents and teachers
- Ask before using someone else's belongings
- Respect rules that have been made; remember that they were made for your benefit

- Do not do or say anything that will hurt another person's feelings
- Respect the environment; keep it clean, don't pollute
- Respect other peoples' beliefs, traditions and ways of doing things; you can learn things from other peoples' differences

## Respect Yourself

- your feelings, opinions and ideas are important
- never underestimate your abilities
- never talk yourself out of something you want to do
- make sure your inner voice is positive
- never do or say things that make you feel bad emotionally or physically, for example, excess drinking, drugs, temper tantrums, swearing, putting yourself down, inappropriate behaviors
- avoid MIND POLLUTION – do not access inappropriate materials like pornography or the violence available in movies, books, and television

## Examples of Disrespect

- Talking in a movie theatre (not respecting other people's right to listen to the movie)
- Not listening when you are being spoken to
- Laughing at someone because of a difference
- Putting yourself down
- Littering
- Gossiping

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- Playing loud music without any regard for your neighbour

### **Respecting the People Who Disrespect**

You don't need to respect bad behavior, but you do need to respect others, even the people who disrespect you as it shows people who you are, and what you are all about. It is easy to treat people who are disrespectful to you with disrespect. If you act in this manner you are no better than this person. It takes a leader to treat disrespect with respect.

Think of ways you can show others the importance of respecting one another, our community and ourselves. What examples can you think of?



## **THE BENEFITS OF RESPECT**

### **You will be treated the way you treat others....**

- People will respect you; even your worst enemy will respect you because they can appreciate respect
- You are delivering the message that you will stand up for what you believe is right and be respectful of other people, the environment and of peoples' possessions
- You tell people that you are your own person and will not be controlled by other people's values or opinions
- You lead instead of follow
- You show an incredible amount of courage, strength and leadership ability
- You will lead and teach others by your example
- You will create a positive reputation which leads to popularity, opportunities and success.

REMEMBER that we deliver messages about ourselves by the things we do and say.

*Success comes from planning your work and working your plan.*

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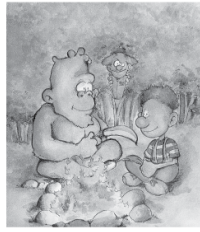
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## RESPONSIBILITY



### Responsibility Means:

1. **Taking ownership of your successes and failures.** We all fail at times. There is no need to get defensive or embarrassed. Use your mistakes as a way of developing leadership possibilities. Ask yourself (a) What did I do wrong? (b) What can I do differently next time? and (c) What can I learn from my mistakes? Not everyone will use their mistakes to better themselves. *It's your choice.*
2. **It is also important to acknowledge your successes.** We often think about the things we cannot do without thinking about the things we can do. Think more about the things you can do and use what you can't do to motivate yourself to try harder. Use your failures to your benefit!
3. **Doing what you say you will do.** If you say you will do something for someone then it is

important to do it. If you show, by the way you act, that you are a responsible person who can be trusted, you will find that opportunities come your way and success will be yours. If you do not do the things you say you will, you will not be trusted or given rewarding opportunities.

4. **Doing what is expected of you.** If you have jobs around the house, make sure you do them. Everyone has to pull their weight in order to have a successful household. Responsibilities are usually organized according to age. What your older brother is responsible for might not be the same thing you are responsible for. Fulfilling your responsibilities will train you to be a responsible citizen and responsible person.

### Responsibility Means Motivating Yourself

You need to make the decision to do what is right and act on that decision. If, for example, it is your responsibility to walk the dog, you need to do this task without being asked each time. If you carry out a task only when your parents remind you, you are not being responsible; rather, you are being obedient. You have to perform your household responsibilities without being told. The motivation needs to come from you, not from others. Take initiative!

People who behave irresponsibly have to face the consequences that match their behaviour. They may receive a short term benefit like avoiding a household job; however, in the long run it

important to do it. If you show, by the way you act, that you are a responsible person who can be trusted, you will find that opportunities come your way and success will be yours. If you do not do the things you say you will, you will not be trusted or given rewarding opportunities.

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People who behave irresponsibly have to face the consequences that match their behaviour. They may receive a short term benefit like avoiding a household job; however, in the long run it

won't be worth it. They may lose opportunities, or even worse, sacrifice the trust they once had. If you cannot be trusted, you end up losing out on rewarding opportunities. It is smarter to act responsibly. The benefits from doing so last a lot longer.

### **Different Kinds of Responsibility**

The types of responsibilities usually reflect age and job positions. Obviously kids will have different responsibilities from adults. Many children want, or think they want, the same responsibilities and privileges as adults. Responsibilities should be age related so that success can be assured. If adult responsibilities are taken on by children, failure will result. Here are *some* examples of responsibilities and how they relate to age and job status.

#### **Children Eight Years Old or Younger**

- tidy up bedroom
- put away toys
- help make bed

#### **Children Nine Years And Up**

- take out garbage
- baby-sit siblings
- mow lawn
- paper route

#### **Adults**

- earn money to pay rent
- take care of children's needs

- maintain house
- buy groceries

With specific privileges comes responsibility. For example, it is a privilege to ride your bike to school. The responsibilities that come with this privilege are to obey the laws of the road, take care of your bike and adhere to the school's rules involving bikes. If you disregard these responsibilities you could end up losing this privilege. It is better to act responsibly, so that privileges are given to you. It is important that you realize that being responsible is a life-long struggle. It is not always easy to do what you are supposed to do and find the inner strength to motivate yourself, but the rewards that are associated with being responsible make it worthwhile.

### **The Right Attitude is Where You Start**

Everyone has the freedom to choose. With this freedom comes the responsibility of accepting the consequences of your choices. This is why it is important to choose carefully. Make your choices not only to help you now, but to help you in the future as well. Think through your choices before you choose.

### **Excuses that Don't Fly**

Many people use excuses to avoid taking responsibility for their actions. Here is a small list of excuses leaders should never use.

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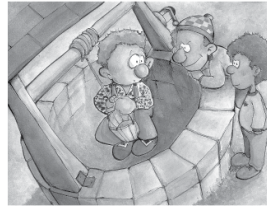
Many people use excuses to avoid taking responsibility for their actions. Here is a small list of excuses leaders should never use.

- He did it first.
- I couldn't help it.
- I was just kidding.
- He made me do it.
- I can't help it. I have ADHD... A learning disability... Tourette Syndrome etc.
- What's the point of trying? I am only going to fail!
- I'm not smart enough...talented enough...strong enough.

Develop a reputation for being a person who is responsible. You will be amazed at the opportunities that will come your way. These opportunities will lead you to feeling great about yourself. You are becoming a true leader.

*"Life is not accountable to us,  
we are accountable to life."  
Dennis Waitley*

## bullyfreeME



"Toughness is not being a bully.  
It's having backbone." – Robert Kiyoski

### **Definition of Bullying:**

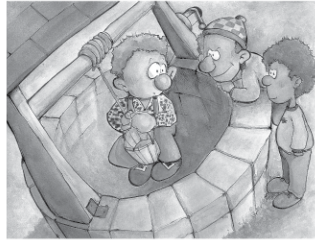
When someone uses words or actions with the intention of hurting you emotionally or physically they are bullying you. There is usually a power difference or advantage between the bully and their target. This could be their age, size, intelligence or social status.

### **Bullying Versus Bad Day Behaviours:**

Many children run to the teacher every time someone is being mean. For someone to be considered a true bully, they must constantly use bully behaviour as a way of interacting with others.

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people individuals who use bully-like behaviour, but they are not true bullies.

### **Definition of Teasing:**

**Playful Teasing is:** when someone pokes fun at you and you are both able to laugh about it. No one gets hurt.

**Harmful Teasing is:** when someone makes fun of you with the sole purpose of hurting your feelings or trying to get a reaction from you. They want to see if they can make you angry, upset or scared. They want control. They are trying to get a laugh, but at your expense. Here, only one person is laughing.

### **Types of Bullying**

- Name calling, teasing, making fun of you
- Mimicking or imitating what you are doing in a negative manner
- Alienation: Leaving you out of an activity like a soccer game or a party that everyone is invited to
- Extortion/Threats: A bully may tell you they will beat you up if you don't give them something or do something they are asking
- Cyber Bullying: Bullies use MSN Messenger, Facebook, MySpace, blogs, text messaging and put up websites to intimidate and humiliate their victims
- Gossiping: Gossiping is the most insidious way to bully. Bullies will spread rumours and talk

negatively about a person when the person is not there to defend themselves. They may take a small truth and exaggerate it so the information being dispensed is inaccurate and slanderous

- Negative Body Language: The "Look" or "Look and Laugh
- Ignoring: When you say "hi" to a person you are ignored or treated like you are not there
- Physical bullying: An individual hurts you physically
- Swarming: this occurs when you are surrounded by a group of people and are not permitted to leave.



### **What children Are Taught**

When a child is confronted with a bully they often will hear one of the following statements:

- Walk away
- Stay away from the bully
- Ignore what they are saying
- Tell a teacher

The problem with these solutions is they are all band-aid solutions that make the individual who is

negatively about a person when the person is not there to defend themselves. They may take a small truth and exaggerate it so the information being dispensed is inaccurate and slanderous

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helping the child feel like they are helping, but in actual fact, do little to help the situation.

The problem with walking away is that bullies have legs and are likely to follow. You can't stay away from a bully as they always have a way of finding you.

You can't ignore what a bully is doing forever and if you tell a teacher or adult you may hear "walk away," or "ignore it," once again. You need more!

You need to build your confidence as it is the best defense against a bully. You also need practical strategies that work. Keep on reading; you are about to learn ways of dealing with the bully.

### **Some of the Things that Perpetuate Bullying**

It never ceases to amaze me how many people still think bullying is something, "all children go through," or have the attitude that "boys will be boys," or the childhood chant, "sticks and stones can break your bones but names can never hurt you." These are all attitudes which give power to the bully because we minimize the effects of their words and actions.

Words hurt and can have a profound effect on a person's life. We need to teach children how to deal with bullying so they can retain their self-esteem and develop into confident adults not scared by the rants of bullies or an uncaring society. Schools need to be proactive and not

deliver lines like, "we don't have problems with bullying at our school." This is a statement I hear often. Where there are children playing and learning there is the potential for bullying behavior. It is an issue that affects everyone's lives, so let's face it and deal with it effectively.

### **I hear three types of school reactions to bullying:**

1. "We don't have bullying at our school,"
2. "Parents do all the leg work and by-pass staff that sit idle and do nothing about the bullying issue,"
3. "We are proactive and give our students strategies that will help them not only help them deal with bullying now, but as an adult as well."

### **Which statement best describes your school?**

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## WHY DO PEOPLE TEASE?



- A bully may want to see if they can control you. Will you react? Are you going to get angry, upset or become afraid? If a bully can control you by getting you to REACT, you may find that others may want to tease you too. "Let's see if we can get Johnny to freak out!" Don't give bullies control by reacting. Do not react. Do not empower the bully.
- The bully wants to get a laugh at your expense.
- They may be trying to feel better about themselves. Teasing others takes the focus off their problems.
- Sometimes people get bullied at home by their brothers, sisters or even parents. To feel in control and because they have learned this behaviour, they bully others.
- Many bullies have low self-esteem, which means that they do not feel very good about themselves. Teasing gives them a false sense of feeling better than the rest.

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- Bullies will continue to tease if they get what they want, which is a REACTION, whether it's from you or their peers.
- If a person bullies and gets away with it, the bullying may continue. It is important to stand up to the bully.
- Bullies are rewarded with status, reactions, a sense of power and control, thinking they are cool, and material rewards.
- Bullying does not stop when childhood ends. You may run into a bully at work, in the supermarket, or in the community.
- Bullying can be minimized by schools and parents. I have heard:
  1. Boys will be Boys
  2. It's something everyone must go through
  3. If my child comes home and is being bullied, I will tell them to fight
  4. We don't have that problem in our school
  5. My kid's not a bullyThese attitudes perpetuate bullying and empower the bully. As leaders, we must take this issue seriously and teach effective ways of handling bullying to others. We need to stand up for our fellow student. "Walk away," "ignore it" and "tell a teacher" are good strategies, but children need more.

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### Who Gets Teased?

If you get teased DO NOT think that there is something wrong with you. There isn't! Everyone has been teased at one time or another. You probably gave the teaser what they wanted, which was a reaction.

The teaser will look for the thing they can say or do to get you to react. First, they may look you over to see if there is something different about you. Maybe you wear glasses, or you're short, or you have a unique way of dressing. You should never apologize for your taste and for being you. If a bully makes fun of you will you react? It's as if you are wearing a jacket with many buttons. Only one button will display a reaction. Will the teaser find it? Only you know which one it is. I got teased because I have a learning disability and had difficulty reading and writing. I am now a bestselling author. Becoming successful is a great way to get back at the bully.

| Situation   | The Wrong Way   | Consequence  |
|---|---|--|
| You are called a name                                   | You tease back  | You get into a name calling battle<br>Someone will lose and it could be you  |
| A bully is poking you in the back as you sit in a group | You turn around, lose your self-control and yell at the bully or, even worse, punch him | You get in trouble for disrupting the group and have made a bully very happy   |
| A bully wants to fight you                              | You start swinging.<br>You have just engaged in a schoolyard fight                      | You just gave the bully what they wanted. They pushed you to the point where you lost your self-control. You get suspended and your reputation is hurt |
| A bully steals your hat                                 | You run after him screaming and out of control  | You just did exactly what the bully wanted you to do. He had all of his friends lined up to watch you freak out. What a show!                          |

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## Wrong Ways of Handling Teasing

There are many different bullying scenarios you may run into. The ones listed above are just a few. There are positive ways of handling a situation and negative ways. If you stop and think before reacting and apply the *bullyfreeME* strategies you will successfully beat the bully. If you try a *bullyfreeME* strategy and it does not work right away keep on trying. Sometimes you must try a strategy numerous times before you see the positive effects. On the next few pages there are a few possible strategies to use in these situations.

When you use your fists to solve your problem or tease or swear you are actually making your problem worse. If you use your fists you may lose the fight. You may end up with others wanting to use their fists on you. If you swear or tease back, you may get the same reputation the bully already has. Whatever happens, your problem will end up getting bigger. Stay calm. Do not react. Think about what to do that will enable you to show everyone that YOU are a leader.

Those who can – do.  
Those who can't – criticize.

## bullyfreeME STRATEGIES

Being cool means keeping your cool

### STEP # 1 - Make Eye Contact

Before you tell the bully how you feel about their actions, you must look the bully directly in the eye. Making eye contact with a bully is important as it shows confidence. If you look at your shoes when talking or have not made eye contact, your message is weak and ineffective. Look the bully in the eye.

### STEP # 2 - Body Language

Your body can convey a strong message depending on how you stand and what you do with it. You must stand straight with your shoulders back in order to convey a strong, believable message. If your shoulders are curled and your hands are in your pockets you may be delivering a message that empowers the bully. To understand how body language conveys information, think about how someone would know that you are angry, happy, confident or shy. How would your body look? What would your face look like? What would your hands be doing? Crossing your arms across your chest may convey anger. Putting your hands in your pocket may be

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interpreted as insecurity. Be aware of the messages your body is delivering.

### **STEP # 3 - Tell the Bully How You Feel**

It is extremely important for you to tell the bully how you feel about what they are saying or doing. You must also use your body language to show you are confident in who you are. You must look the bully in the eye and deliver the message that you WILL NOT stand for put-downs of any kind. You need to look this person in the eye and use a tone of voice that is believable. You do not need to yell. Instead, use an assertive tone. By doing this you are delivering the message that you are confident and believe in what you are saying. You are saying that you are not afraid nor are you interested in sticking around to waste your time listening to such nonsense. You are showing tremendous courage! You need to tell the bully how you feel in order to remain in control and retain your self-esteem. In no way should you feel as if the bully has won, because it is you who is the winner. After you have stood up to the bully, WALK AWAY. Do not give the bully an opportunity to tease you again. Walking away after you have told the bully how you feel is more effective than just walking away.

One of the common mistakes people make is using too many words when directing a message to a bully. You could look the bully in the eye and immediately walk away or look the bully in the

eye and say, "WHATEVER." You do not have to deliver a speech on why you are upset. It may be more effective to say as little as possible. Less can be more.

### **STEP # 4 - Walk Away**

There is nothing wrong with walking away as long as you have asserted yourself first. A bully may try to get you back in front of him so that he can tease you some more. However, after you have said what you need to say, walk away and keep going. Don't fall for the bully's tricks. They would like nothing more than for you to come back so they can have another chance to get you to react. You do not want to get sucked back into playing the bully's game. To get you to come back they may shoot words at you like: "loser," "wimp," "chicken." Do not go back and react to their comments. It is a trick to get you back so they can dig for the reaction they are looking for. Do not be afraid that your peers will believe what the bully is saying about you. The people who matter in your life know who you are and are not likely to believe a bully.

### **STEP # 5 - If They Follow You?**

I am sure you have heard the line – "Just walk away if someone is bothering you." There is only one problem with this response: bullies have legs and probably will follow you! If they follow you remember not to react. Look at them in the eye,

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use a tone of voice that commands respect and repeat steps 1 and 2. Repeat your message as many times as it takes until the bully realizes that they will not get a reaction from you. You can say, "I guess you didn't hear me the first time. Let me repeat it for you. I do not like what you're doing and I will not waste my time listening to you. Good-bye."

When you walk away this time walk toward a "safety zone:" a teacher or another helpful adult, your friends or the school. Bullies are not usually as brave as they are pretending to be. If they think they may get in trouble, they will be long gone.

You may have to repeat these steps for a while until the bullies get the message. They will eventually get the message and when they do you will know that you handled this negative situation in a positive way. You may have even helped someone else learn the proper way of handling a bully.

#### **STEP # 6 - Use Your Sense of Humor**

If someone makes fun of you, turn it into a joke. What a bully says cannot be taken seriously if you laugh at it. The trick is to beat the bully at his own game. If you get teased because you wear glasses, have a joke or a one-liner



ready which will take the punch out of the bully's attack. For example:

*Bully:* "Hey, four eyes!"

*Person being teased:* "If I have four eyes I guess that means that I can see twice as well as you can!"

*Bully:* "Is your nose ever huge!"

*Person being teased:* "You should see my brother Pinocchio!"

If you can laugh at yourself the bully no longer has the power to use insults against you.

**REMEMBER** that you are not teasing back, nor are you using comebacks that are tasteless, rude or put the bully down. You just want to deliver the message that what the bully is doing is not going to have any lasting effect on you. The message you are delivering is that you are confident.

Agreeing with the bully sometimes works at taking the power out of his punch.

*Bully:* "Hey, big nose!"

*Person being teased:* "Yeah, it is pretty big isn't it?" Or agree with it: "well, thanks for noticing!"

**REMEMBER:** When someone teases you, you are being set up to (1) give the teaser a reaction, (2) give the teaser's friends a reaction (3) behave in a way that will get you into trouble, or (4) do something which will make you look and feel bad.

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### STEP # 7 - In Case of Emergency

Unfortunately, there are kids who never seem to get the message. You need a plan for these people. DO NOT use this step until you have used steps 1 through 6 over and over again.

Know a couple of comeback lines so that you have a way of retaining your self-esteem and dignity and are able to remain in control. Once you have delivered these lines WALK AWAY. Do not give the bully an opportunity to tease you back. Sometimes giving them a bit of their own medicine works, but remember you are not trying to out-tease the bully. The reason you would use this step is because you have already used steps 1 to 6 over and over again, and you need to find a way of delivering the same message which you have already been trying to deliver. The message is that you are not interested in what the bully is saying, and you will not react; however, you will stand up for yourself.

By delivering a one-liner, you are also delivering a response that a bully is not necessarily prepared for. Catch the bully off guard. Be prepared.

#### Suggested Comeback Lines

1. I should feel bad, but you're not worth it.  
(Walk Away)
2. Not bored yet? (Walk Away)
3. When I see two people and one of them is bored the other one is probably you. (Walk Away)
4. You remind me of a school holiday. No class!  
(Walk Away)

### STEP # 8 - Use Your Friends as Allies

A bully is less likely to bother you if you are with your friends. Make an agreement with your friends that if any one of you gets bullied, you will help each other out. There is definite strength in numbers.

#### What happens if you don't react, but the bully's friends do?

A bully will want to get a reaction from whomever he can, however it is important to remain calm, look him in the eye and stand up for yourself. You must show him that you are not going to stand by and be verbally abused. Even though the bully may be receiving their sought after reaction from friends or surrounding spectators, remain calm. **You can only control how you react.** By standing up to the bully you are showing everyone that you are confident and stand up for your rights. If the bully continues to harass you, give them the choice of either stopping or you'll seek adult intervention. They will of course call you a tattletale or some other name of their choosing, but don't change your stance. They are choosing what you do by their behaviour. Show everyone that you will stand up for yourself. You will be respected. Self-respect will be what you've gained.

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## Tattletale Syndrome

Many children are afraid of seeking help because they do not want to become a “tattletale.” Let’s clear up what a tattletale is. A tattletale is someone who tries to get people **in trouble**. Someone who is assertive is trying to get someone **out of trouble**. A tattletale is someone who runs around telling on everyone for no real reason except for the attention it gains. An assertive individual is someone who asserts themselves first and then seeks adult intervention. Know what’s right and do it.

You must remember that when you ask for adult help you are not just helping yourself, but the other children who are being bullied as well. Don’t fall for the “you are a tattletale” trick. If you have stood up to the bully, and they still wouldn’t stop bullying, tell.

Some children are **afraid to tell** because they either don’t want to make their situation worse or don’t have the confidence that the adult they tell will help them. If you tell someone and do not receive the help you need, **keep on telling!**

You are not only helping yourself, but everyone else who is getting bullied. You may be helping the bully change as they may realize that it is better to be a leader than a bully.



You assert yourself, tell them to stop teasing, but they say, “Make me.”

This is a form of peer pressure. They are still trying to get you to do what they set off to get you to do, “React!” You do not have to “make them do anything.” You just need to be calm, be assertive, and walk away. If they follow you, repeat the message, but remember that the bully wants to gain status by getting you to react. Do not empower the bully. Being assertive shows more courage than doing what the teaser wants you to do.

## The Hat Routine

People can tease without saying a word. I often see bullies run up to an unsuspecting person and run off with their hat. The bully is expecting that person to come running after them. They want a reaction. Instead of running after them, you need to be assertive. Look them in the eye or in their direction depending where they are and talk in a commanding tone. Tell the bully that you will not chase them and that you want your hat back. He may continue to taunt you, telling you that he will lose, destroy or keep your hat. If he does, you then have the right to seek the assistance of an adult who will in turn ensure that this bully gets the reward he deserves. After directing your message to the bully look around for witnesses. If the bully doesn’t return your hat you now have witnesses to back up your story.

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### **on the Playground**

Many bullies hang out on the edges of the playground or in an area away from adult supervision. If you are someone who is bullied, stay near areas that are monitored by teachers. Know where the teachers are if you need help. If you are on the outside boundary of the play area or in an area where teachers can't see you, you are vulnerable. Keep yourself safe and have a plan.

### **Walking Home**

Sometimes bullies will wait until you are walking home before they make their move. Always walk along well traveled streets. Do not cut through parks or behind buildings where you are hidden from public view. Bullies are less likely to start a fight if there are adults nearby.

Make sure you know where "safe houses" are. These "safe houses" are homes where a trusted adult lives who can help you. This may be a neighbor or family friend your parents approve of and trust. Always walk the same way home because if you are late, your parents can walk your route to find you. If you take a shortcut to avoid a bully your parents will not know where you are.

If you think a bully will be bothering you on the way home 1) walk with friends 2) tell the school what is going on, and 3) phone your parents. Maybe they can meet you halfway.

### **on the Bus**

Sit near the front of the bus. Most bullies will sit at the back of the bus, hidden from the driver's view. You must report bullying immediately. You may be preventing an accident. Surround yourself with friends and with people who will stand up for you.

### **Physical confrontations**

Bullying and teasing can happen at the same time. What do you do if a bully wants to fight? If you fight at school you will be suspended or you may get the same bad reputation the bully has. You don't want to become a human punching bag nor do you want to look bad in front of your friends. Here are a few suggestions:

- Stay calm. Use self-talk. Repeat in your head, "Stay calm....stay calm."
- If you are calm, you increase your ability to think and retain self-control. You are less likely to act without thinking.
- Direct a short, assertive message using an appropriate tone of voice, eye contact and body language. Walk away
- The bully may try to get you back by calling you a "chicken," "wimp" or "loser," but keep on walking. You are showing everyone that you will not waste your time with this bully. You are disinterested.

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- If the bully shoots a punch you must keep your attention on the bully and block and walk. Block the punch then walk toward an adult. Always keep your eye on the bully. Never turn your total attention away. They may come at you with another punch, a kick or hair pull. Repeat the process: block and walk. You must keep your self-control. Keep calm. You will notice that it is the bully who is losing self-control and in the end you win and the bully comes across as the loser.

### **Swarming**

Swarming refers to being surrounded by a group of people and not being permitted to leave.

#### **My suggestions:**

- Remain calm so you are able to **stop and think** of what to do. Reacting will fuel the bully's desire to intimidate you and get you emotional.
- Calmly look the "ring leader" in the eye and state that you want to leave. If the bully refuses, make as much noise as possible!
- Yell the word "**FIRE!**" If the group thinks they are going to get in trouble they will disperse.
- To avoid getting into this situation, always walk with friends. Walk in a well-traveled area with a lot of people. Take the same routes home.
- If you see a situation that looks like someone is being swarmed, report it immediately.

### **Fire**

If you are in danger of being beaten up from a bully and you need adult help, yell the word, "FIRE!" This will get you adult help or at least bring attention to your situation. You will NOT get in trouble for yelling "fire" as you yell it if you are in danger. Adults will understand.

I have heard many people tell their children that if they are bullied to respond with physical force. If the child follows these directions their problem will get worse. They may lose the fight; have to deal with the bully's gang; be suspended from school or even get the reputation of being a bully. Fists never solve problems. Children need to be trained in problem solving as opposed to reacting physically.

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## THE GURDY GOSSIPING GANG



### Gossiping affects self-esteem

It can be easy to fall prey to the gossip gang. People who gossip spread misinformation about other people with hear-say and rumors. They do not use facts and if they do, they twist the facts to suit their needs. They may have heard a rumor about someone and talk about it as if it was a fact. Gossiping can ruin a person's reputation or in the least, affect it in a negative way. We must not spread rumors about others, nor should we listen to people who gossip. We need to discourage gossip and encourage the building up of a person, not the tearing down. **Remember that gossiping is a form of bullying.**

Bullies are great at spreading false information about a person. They want to have people believe that what makes you great is not so great after all. We only empower these people when we listen and believe what they are saying. If you hear something about a person, the best thing to do is

to approach that person for clarification. This is what a leader would do.

Newspapers are notorious for spreading rumors. As a society, we often believe everything we read. Newspapers understand that bad news sells more papers than good news. Thus, newspapers often create stories about individuals using bits and pieces of an entire story, misleading their readers. We must question what we read and not accept it at face value. We must not contribute to the spreading of rumors and the degradation of individuals.

### Why People Gossip

- You receive an unhealthy sense of power
- It gives you a temporary high/good feeling
- You seem more important than the person you are talking about
- You don't like the individual, so you want to purposely hurt their reputation.

### The Negative Effects of Gossiping

- You are spreading misinformation
- You are talking based on assumptions
- Some people think you have small lives when you gossip
- You receive a gossipers' reputation which goes hand in hand with someone who can't keep a secret
- You actually lower your self-esteem, as gossiping affects your integrity.

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## PASSIVE AGGRESSIVE BULLYING



I have found that as children become adults their bullying behaviour becomes passive aggressive. Looking at a person then looking away and laughing, or with a look of disgust are examples of passive aggressive bullying. Not acknowledging a person when they say “hi”, or delivering negative body language are also examples.

In these situations, it is easy to think that you may have done something to offend this person, but in most cases, it is nothing about what you did, but more about how the bully wants to make you feel.

### Examples of Passive Aggressive Bullying:

- Pretending to say nice things about a person, but with a message that is negative and sarcastic
- Purposely leaving someone out of a game
- Ignoring

- Saying things about a person that are negative under your breath and not to their face
- Criticizing a person in a negative, disrespectful manner
- A negative look purposely aimed at hurting someone emotionally

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## IS YOUR CHILD BEING BULLIED?

### Victims of Bullying

- act moody, withdraw from family interaction, are depressed and have low self-esteem
- lose interest in school, work, and sports
- isolate themselves from friends and family
- lose their appetite
- wait to use the bathroom at home, instead of going at school
- arrive at home with torn clothes, unexplained bruises and cuts
- display anxiety about going to school
- complain of head and stomach aches
- ask for extra money for lunch, school supplies and/or trips
- refuse to go to school
- have trouble sleeping
- begin to carry a self-protecting weapon

Bullying can be extremely detrimental to a child's feeling of self-worth. It is important as an adult to recognize the characteristics of a child who is being bullied and have a course of action to take if you find out that bullying has taken place.

Unstructured time at school is a time when many children have difficulties. It is also a time when bullies look for people to pick on. I have



found that teaching children how to structure their play can reduce the incidences of bullying. **There are many things a school can do to reduce the bullying problem.** Unfortunately, many schools minimize the effects of bullying, sometimes by ignoring the issue all together. We need to educate parents, students and teachers of the negative life changing effects that bullying can have on an individual.

In recent years I have seen more and more schools realize that bullying is an unfortunate part of a child's world. More schools are becoming proactive and providing workshops, after school programs, and parent information nights so that the children they serve have appropriate strategies to deal with bullying. One assembly or anti-bullying workshop won't deal with the bullying issue. It has to be an ongoing part of a school's culture. Administrators, teachers, parents and children need to work toward the same goal: **having a bully free school.**

**"Sticks and stones will break your bones but names will never hurt you."** I don't know who made up this saying, but it is far from true. Be your child's advocate by helping them learn positive ways of handling bullying as well as other situations which may play on their self-esteem.

Let's **work as a team** so that each child who is bullied has his/her advocates, but best of all can be their own advocate.

*A house divided against itself cannot stand.*

found that teaching children how to structure their play can reduce the incidences of bullying. **There are many things a school can do to reduce the bullying problem.** Unfortunately, many schools minimize the effects of bullying, sometimes by ignoring the issue all together. We need to educate parents, students and teachers of the negative life changing effects that bullying can have on an individual.

In recent years I have seen more and more schools realize that bullying is an unfortunate part of a child's world. More schools are becoming proactive and providing workshops, after school programs, and parent information nights so that the children they serve have appropriate strategies to deal with bullying. One assembly or anti- bullying workshop won't deal with the bullying issue. It has to be an ongoing part of a school's culture. Administrators, teachers, parents and children need to work toward the same goal: **having a bully free school.**

**"Sticks and stones will break your bones but names will never hurt you."** I don't know who made up this saying, but it is far from true. Be your child's advocate by helping them learn positive ways of handling bullying as well as other situations which may play on their self-esteem.

Let's **work as a team** so that each child who is bullied has his/her advocates, but best of all can be their own advocate.

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## IT MAY LOOK GOOD, BUT IT IS HOW IT FEELS THAT MATTERS

Problems would lessen  
if people would listen



A student once asked me: "I know a bully and he is cool, popular, has lots of friends and looks pretty happy. Why wouldn't I want to be a bully if this is what a bully gets?" This was a great question as I am sure it looks as though it would be a pretty good thing to be a

bully. Don't be fooled; looks can be deceiving. In the end, the bully is the big loser as what he has gained is not what he imagined.

**Here is an analogy:** You play soccer all summer. You are a good sport, play hard and play by the rules and at the end of the summer win a trophy. You feel great! A bully plays soccer. He cheats, is a bad sport and breaks the rules whenever he can. At the end of the summer he wins a trophy, and his trophy is bigger! What then, is the difference between you winning a trophy by playing by the rules and the bully winning a bigger trophy by cheating? The difference is simple. **It is the way you feel** when you win by being a good sport and playing by the rules. When you bully

your way to the top, you often find yourself alone with nothing. That is how it feels to win friends, popularity and success by bullying.

It feels empty and feels like nothing.

### Beating the Bully at Their own Game

If you want to beat the bully you have to have a plan. Many children are taken advantage of because they do not know what to do. It is important to realize that it is extremely difficult the first time to confront a bully. The more you stand up for yourself the easier it becomes. You need to build your confidence. Your confidence will develop the more you are able to overcome your fears and stand up to bullies.

It takes time and courage, but it is worth it!

You also need to build your self-esteem. Self-esteem refers to how you feel about yourself. Many kids who get picked on end up thinking that they deserved it. They think that they are stupid, weak, a loser or whatever negative label they decide to stick on themselves. You need to raise your self-esteem, pick yourself up when you make a mistake and take every challenge as an opportunity to grow as a leader.

*"As long as you're green, you're growing.  
As soon as you're ripe, you start to rot."*

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### Is There A Positive Side To Victimization?



Victimization, everyone agrees, is bad for kids. However, sometimes it has effects that are not entirely negative. It can push children

into finding new ways of salvaging a sense of self-respect. There are those who use their experiences to help others. Experiences can help you develop yourself as a leader. Some children make the decision to face the bully, which encourages assertiveness and in turn encourages others. Some children take their negative situations, rise above them, and emerge stronger and more determined. It is a choice.

#### What Parents Can Do

- See that your child is grounded in assertive behavior. The first line of defense against a bully is self-confidence.
- Enroll your child in a social skills group where children learn and practice skills in different situations. Model good relationships at home. Help siblings get along.
- Increase social opportunities. Invite other children over to your house. Parents are social engineers.
- Enroll your child in classes or groups that develop competencies in activities that are

valued by peers. Even kids who don't love sports may enjoy karate, tae kwon do, and similar activities.

- Do not teach a child to fight back. Fighting back is the worst defense. In most instances, victimized children are weaker and smaller than the bully – thus their fear of losing these fights may be quite real. Besides, not all bullying takes the form of physical aggression. Counter-aggression to any form of bullying actually increases the likelihood of continued victimization.
- Do not expect kids to work it out by themselves. Given the influence of peer groups and reputation factors in maintaining the behaviour of bullies, it is extremely unrealistic to expect kids to alter the dynamics of bullying by themselves.
- Intervene at the group level. Let all kids know bullying is NOT okay.
- Talk to other parents. Where there is one victimized child there are likely to be others.
- Get the school involved. Make the school aware of what's going on.
- Talking to the parents of a bully can be risky. Do a little homework to see if confronting the bully's parents will help the situation. If you decide to talk to the parents of the bully remain calm, avoid accusations, and approach the conversation with the attitude that you want to help both children.

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## Handling the Adult Bully

As we have learned, bullying does not necessarily stop during adolescence. There are many bullies to deal with in the working world. What do you do when your boss is your bully? Here are some tactics that can be used against the office bully:

- Confront the bully. Bullies lack boundaries on their own behavior. Some external controls may force them to back off. A bully can't bully you if you don't let yourself be bullied.
- Conduct the confrontation in private. The bully may not back down if there is an audience.
- Specify the behaviour that is unacceptable.
- Make your boss aware of how their behaviour is affecting others.
- Recruit others. Standing up for yourself can earn the respect of your boss, but it could also cost you your job. It pays to check with other workers whether the behaviour you are experiencing is generalized or idiosyncratic. If it's generalized, it's easier for two or three people to confront the boss than one alone.

## BULLY FREE SCHOOLS



*You can't stand if you are always falling down.*

Becoming a bully free school means teamwork. Everyone must work together so that a bully free attitude is created. Unfortunately, obstacles arise which prevent this from happening.

These obstacles are:

**Denial:** "We don't have a bullying problem at our school." or "My child's not a bully."

**Rationalizations:** "Kids will be kids."

**Minimizing:** "I got bullied when I was a kid. It turned out fine."

**Force:** "If my child comes home and tells me he is being bullied, he will be turned around and sent back to teach the bully a lesson."

Principals, teachers, parents and students need to work together so that a bully free zone is created. I had the pleasure of working in a school in Richmond Hill, Ontario. The principal of this school decided to create a bully-free zone and this is what she did.

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### **The bullyFreeME Zone**

The principal first offered the Kids 4 Kids Leadership Program to her senior students. Next, the junior students went through the program, during which senior students were placed in the role of a "junior leader." Finally, the primary students had their chance to enroll in the leadership program with both senior and intermediate students acting as their mentors. At the end of fifteen weeks, over one hundred students went through the Kids 4 Kids Leadership Program. Not only did these students have strategies on how to deal with bullying, but were also equipped to teach other students how to deal with the issue. The plan was to create a "domino effect." As the children were going through the leadership program, the principal read bullying strategies over the morning announcements each day. This reinforced the bully free attitude she wanted to instill in her students. Workshops were provided for teachers and parents on the topic of bullying. Non-Violence clubs were formed by senior and junior students, who put on presentations for the primary students. It wasn't long before the bully free attitude emerged. It was cool to be bully free and extremely un-cool to be a bully. The school as a team created an environment that made it un-cool to put people down and bully others. The students of this Richmond Hill school had pride in the school they helped create. It takes an ongoing effort to create an ongoing solution.

### **THE IMPORTANCE OF BODY LANGUAGE**

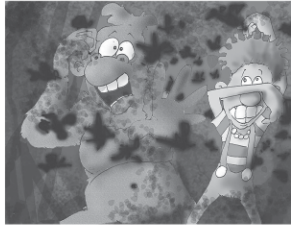


All of us are trained in the use of speech; to communicate what we mean in a way that other people will understand. And most of the time, others understand what we mean. In a telephone conversation, we communicate through speech alone. In a face-to-face meeting, part of the communication is carried in a non-verbal form, which is often called body language.

**Why is body language so important? There are two principal reasons:**

1. You have probably heard that people remember more of what they see than what they hear. Long after a meeting, we are likely to have forgotten the exact words someone used, but we may retain a vivid image of facial expressions.
2. Through life experience, we have learned, perhaps unconsciously, that people often lie with words. (I'm talking about the little white lies and omissions that are part of many

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2. Through life experience, we have learned, perhaps unconsciously, that people often lie with words. (I'm talking about the little white lies and omissions that are part of many

conversations.) Facial expressions and other body language tend to be more honest. When a person's words and body language are consistent, we believe that person. When a person's words and body language say different things, we tend to believe the body language and doubt the words.

### **Picture this scenario:**

You say to a friend: "How was your day at school?" Your friend says, "OK." Then her smile vanishes, and her hand tightens around the notebook she is carrying. Did your friend really have an "OK" day at school? Probably not, but she does not want to talk about her true feelings right now. When a person's facial expression differs from her words, your experience tells you to go with the visual cues, not the words.

### **The Vocabulary of Body Language**

Body language, unlike spoken language, is inexact, so you have to be careful about how you interpret it. A certain movement or facial expression may be quite meaningful, or it may mean nothing at all. As a starting point, the next items provide you with some common body language terms and their generally accepted meanings.

## **POSITIVE BODY LANGUAGE**

Body language is the most important way people communicate with each other. We use it more than we use speech. Every conversation is made up of a few words, and thousands of different body gestures. These tell people our thoughts and feelings about ourselves and them. We use different parts of our body to communicate how we feel. Body language has different meanings in other cultures. The following helps to clarify North American norms:



### **our Eyes**

Our eyes signal how we feel about a situation or about a person. They reflect how we feel inside. Eyes wide open means surprise. Eyes cast downward describe someone who is upset or shy. We avoid eye contact in these moods. Narrowing eyes shows suspicion or lack of understanding. We call this expression frowning. Eyes closed describes a person who is deliberately ignoring something or who may just be asleep! Take notice of how a person's eyes reflect how they feel. You will begin to see how the eyes signal feelings and emotions.

### **Posture**

We often use body language to send out warning signs to other people. Where we stand

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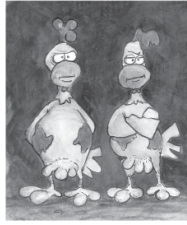
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and what we do with our bodies all depends on how we are feeling. For example, if you feel nervous, you may fold your arms. However, folded arms could also mean that you're angry. Folded arms, hunched shoulders, and crossed legs provide a barrier between you and the other person.

If you are in a good mood, all of your defenses come down. Your head will be held up high, your arms will be hanging by your side, and your back will be straight.

Proper posture is important especially when you want to show everyone that you are confident and in control of your thoughts and emotions. You must make eye contact when you are talking, stand up straight, have a relaxed stance and deliver your message calmly and clearly.



### **Your Hands**

Your hand gestures are equally important when conveying signs of strength. The handshake is a good example. A firm handshake will make others feel that you are confident, but a floppy one will give the signal that you are weak or giving into them. Palms say something too: upturned, they are a begging or pleading gesture; but turned downwards, they mean that you are in control.

### **Your Feet**

What you do with your feet can reveal a lot about you. Have you ever seen someone with their feet up on a desk or with their legs swinging over the arm of a chair? They are saying: "This is my property!"

If you see someone tapping a foot on the ground, they may be sending out a signal that they are feeling impatient.

Standing with both feet firmly balanced on the ground can help you feel confident in front of others. Have you ever had to make a presentation in front of a class or have you ever had to deal with a bully? With your feet firmly in place you will feel in control.

Pointing a finger, standing straight, slouching over, looking down or looking directly at someone all convey messages about how you feel. Be aware of your body language so you can direct the most accurate and effective message possible.

### **Relaxed posture**

Comfortably seated, relaxed breathing, no visible stiffness or abrupt movements. These indicate no major barriers to communication.

### **Arms relaxed**

Uncrossed arms and open hands (palms up or otherwise visible to the other person) are signs of openness.

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### **Good eye contact**

Looking in the other person's eyes, particularly when he is speaking, indicates interest in that person and sincerity. Proper eye contact involves looking away occasionally to avoid staring.

### **Nodding agreement**

When nods are used to punctuate key things the other person has said, they signal agreement, interest and understanding. However, continual unconscious bobbing of the head usually indicates that the listener is tuning out.

### **Smiling or adding humour**

This is a very positive sign. Smiling indicates friendliness, adding humour signals a warm, personal relationship.

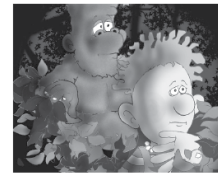
Reducing the distance between two people, by leaning closer, particularly when the other person is speaking, indicates interest is up and barriers are down. However, be careful not to invade the other person's personal space as this may make them feel uncomfortable.

### **Gesturing warmly**

Talking with hands, particularly with palms open, indicates involvement in the conversation and openness to the other person.

For all of these positive gestures, moderation is the rule. When they are exaggerated, they can become more negative than positive.

## **USING BODY LANGUAGE EFFECTIVELY**



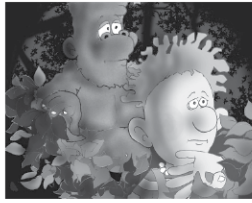
There are two ways you can use body language to enhance your leadership style: 1. Observe other people's body language. 2. Control your body language.

### **observing other People's Body Language**

Being aware of other people's body language will help you assess how your behaviour is affecting them. I knew a young man who had a great sense of humor. The only problem was that after he got his initial laugh and the novelty of the joke was over, he would continue to joke around. He did not notice when his friend's body language had changed. His friend no longer thought he was funny. He was becoming annoying. If we notice changes in other people's body language we can adjust our behaviour to affect positive change.

We normally think of body language as a reflection of what the person is feeling, but it is also true that if you change your body language, your feelings will begin to change as well. That's

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We normally think of body language as a reflection of what the person is feeling, but it is also true that if you change your body language, your feelings will begin to change as well. That's

why, when you feel yourself dragging in the middle of the afternoon, a quick walk around the block can rejuvenate you. You also tend to feel better when you put on fresh clothes or if you just smile.

***This principle has two practical applications:***

**1. You can make yourself look and feel better by using more positive body language**

The famous football coach Vince Lombardi used to tell his players before an away game: "You've got to look good getting off the bus, and then play a heck of a game." In other words, if you look and act like a winner at the outset, you are more likely to become one.

**2. Body language is contagious**

If person X uses neutral body language, and person Y uses positive or negative body language, person X will gradually begin to mirror that. Thus, if the individual starts out neutral or somewhat negative, and you are increasingly positive, the individual's body language (and thus their mood) will become more positive as well.

***To influence the way a person feels:***

- Start with body language that is generally considered to be positive.
- Carefully observe a person's body language.
- Alter your body language to more closely match the other person's.

- During an interaction, if you think a more positive tone is desirable, gradually change your body language to be more positive in order to influence the way people feel.
- Always make positive transitions in your body language while an individual is speaking. This says you support the other person's ideas and feelings. If you make changes when you begin to speak, it may say that you are trying to take control.

*"You should recognize that criticism  
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## ANGER MANAGEMENT



*One who smiles rather than rages  
is always the stronger.*

Anger is an extremely powerful emotion. It is so powerful that it can affect all aspects of your life. If you allow anger to control you, you have the potential to hurt the relationships you have with your friends and family. You may also find it difficult to keep a job. There are some people who have never learned to control their anger. When we have not learned to control our anger properly we can actually cause harm to ourselves emotionally and physically. Many of us will make excuses for ourselves, saying that we do not have a problem controlling our anger. We need to take responsibility for the way we act and learn ways of developing self control and anger management.

It is important to realize that everyone gets angry, even leaders. This is normal. However,

the way we handle anger can be different. Some people are destructive when they get angry. Some people verbalize their anger. Some people internalize their feelings. They are unable to properly express their anger verbally or physically. For example, you may have had a terrible day at school. Something has made you really angry, but you were unable to deal with this anger at school. If you have internalized this anger, you may end up releasing it on some innocent party. You may come home and get mad at members of your family. You are not really mad at them, but the anger that was inside you is being poured out at the wrong person. You are not in control of the anger. The anger is in control of you. Keeping your anger bottled up inside can create physical symptoms. You may get a head or stomachache, feel depressed or frustrated. In addition, you may direct your anger at the wrong person. Do not put off dealing with anger, because anger is a powerful emotion. We need to find constructive ways of dealing with anger. Remember that if you get angry and handle your situation in a negative way, you need to find a way of learning from your mistakes and better yourself as a leader.

### **Anger Busters**

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of little anger busters in your body. They race around pushing out all your angry feelings until you feel better. What's really happening is that your body is producing adrenaline, which helps you fight the anger that can often make you do or say something you end up regretting. The next time you feel yourself getting angry, ride your bike around the block, or go for a walk, or run, or call up your friends to play, and see if you feel better afterwards. You will feel better and be able to stop and think about how to handle your anger in a positive way.

### Self Talk

Everyone has an internal voice that can talk them into or out of something. We can use this voice to help us deal with our anger. The next time you feel yourself get angry, tell yourself to calm down and relax. You will be surprised how well this technique works.

### Why Do We Get Angry?

Before we can control our anger, we need to understand it. Why do we get angry? Anger comes about when we feel someone is treating us unfairly, taking advantage of us or when we feel threatened. Anger itself is normal – it is how we choose to use this energy or channel



it that determines whether or not it is destructive. Some people lock their angry feelings inside, often unleashing them on innocent people or themselves. It is important to remember that anger can stay with us for all of our lives if we don't manage it properly. We need to break the cycle. To break the cycle you need to:

- know what makes you angry, and identify how you react to it. What changes do you notice from your body, your thought patterns and your reactions?
- be willing to change your negative thoughts into positive ones.
- have an anger reducing strategy ready to use.

### Examples of negative thoughts that should be changed to positive thoughts

These are just a few examples of negative statements that put us down, creating unrealistic expectations and perceptions that fuel our anger. If you catch yourself putting yourself down, stop! You are being too hard on yourself.

- “Everyone is always criticizing me”
- “No one ever gives me a chance”
- “I’m such a loser”
- “No one likes me”
- “I’m so stupid”
- “It’s not fair”
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- “I am so weird and awkward”

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The danger in repeating these self defeating statements is that the more you use them, the more likely you are to believe them, live your life by them and eventually become a product of the statements. Make the decision to stop using self defeating statements. Make the change.

I knew a boy named Mark, who had a serious problem with anger. He was damaging property, losing friends and getting kicked out of school. He realized that he needed to control his anger. He used the following anger buster strategies and now teaches others how to control their anger.

*"One key to successful leadership is continuous personal change. Personal change is a reflection of our inner growth and empowerment."*

Robert E. Quinn

## ANGER BUSTERS



*Nature gives us two ends - one to sit on  
and one to think with,  
Success or Failure depends  
on the one used most.*

1. Everyone gets angry. This is normal.
2. You cannot control the people or situations that make you angry. You can control what you do with your anger.
3. Handling anger in a negative way leads to negative consequences, leading to a negative reputation, leading to a poor self image.
4. When you are angry: (a) remain calm; (b) stop and think about what you should do and what will happen when you do it; (c) If you lose control and handle your anger in a negative way, figure out what you did wrong so that you can learn from your mistakes.

## ANGER BUSTERS



Nature gives us two ends - one to sit on  
and one to think with,  
Success or Failure depends  
on the one used most.

1. Everyone gets angry. This is normal.
2. You cannot control the people or situations that make you angry. You can control what you do with your anger.
3. Handling anger in a negative way leads to negative consequences, leading to a negative reputation, leading to a poor self image.
4. When you are angry: (a) remain calm; (b) stop and think about what you should do and what will happen when you do it; (c) If you lose control and handle your anger in a negative way, figure out what you did wrong so that you can learn from your mistakes.

5. Know what your signals are that tell you that you are getting angry. This way you can prevent yourself from losing control.
6. Do not allow anger to control you. You have the power to control your anger.

### **Strategies to Try**

- **Stop, think and make a plan.** Know what to do when you do get angry. Prepare yourself.
- **Remove yourself** from the person or situation that is making you angry.
- **Go to a quiet place** until you have calmed down.
- **Count to ten and take deep breaths.** This allows you to calm yourself down, relaxing your body and regaining your thoughts so that you can handle your anger in a positive way.
- **Talk to someone** about what is making you angry. It is important to let out the anger that is building up inside of you. It will make you feel better. You will feel better and be less likely to blow up at the wrong person, which will get you into trouble.
- **Anger equals energy.** Use your anger as a form of energy. Use your anger to energize yourself and motivate yourself to do something positive. Channel your anger into something that you are doing. If you are skating, use your anger to skate faster. If you are studying, use your anger to study harder. It is possible to turn a negative into a positive. Use your anger wisely.

- **Write your feelings down**, which sometimes helps get the anger out.
- **Exercise** helps you get your anger out in a positive way. Ride your bike around the block, call up your friends or organize a game. If you get rid of your anger by exercising you will feel better, and be able to stop and think about how to handle the situation that made you angry in a positive way.
- **Time and space.** Put time and space between you and what is making you angry. This will allow you to calm down, relax, stop and then think about how to handle your anger.

*Always Imitate the Behaviour  
of the Winners When You Lose*

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## **SWEARING: THERE IS A BETTER WAY!**



### **Why Do People Swear?**

- to appear tough
- to feel like they can control others
- to get a reaction from people (negative or positive)
- to fit in
- to be "COOL" or accepted
- it is a way of expressing frustrations and anger (the wrong way)
- imitating what has been heard on television, at home, or in the community

### **What are the consequences of swearing?**

- you are seen as a person who lacks imagination, intelligence and class
- people are often offended by such language
- you will not be respected by most people
- it shows that you lack self control

- you will turn many people away from wanting to get to know you
- you will be creating a negative image of yourself
- people are not as likely to offer you jobs or give you opportunities
- you will only attract those who use the same type of language as you
- people will talk about you in a negative way

People who swear are making choices which often prevent them from attracting good friends and great opportunities. There will always be people who think it is COOL to swear. However, these people are not being COOL. They are just imitators of the things they hear and see. Just remember that it takes more energy NOT to swear than it does to swear....it also shows self control, strength of character and leadership.

*The things that are good  
are learned at Mothers' knees.*

*The things that are bad  
are learned at some other joint.*

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## PEER PRESSURE

There is no failure except in no longer trying.

### Definition

Negative peer pressure is when you are pressured or forced into doing something that you really do not want to do by people whom you associate with. You are being pressured into changing your “No” into a “Yes.” These people could be your friends, classmates or people you involve yourself with in some other way. You may be pressured into smoking, swearing, teasing, fighting, stealing, vandalizing, taking drugs or drinking. It is important to note that peer pressure is not always in a negative direction. For example – you may want to maintain high marks or do well in a specific activity as a result of pressure put on you by your peers.

### Reasons Why You May Give into Negative Peer Pressure

- Peer pressure can be very hard to resist
- You really want to fit in and are willing to sacrifice your own values and integrity to do so
- Your definition of what is right and wrong is clouded by the influences of television, video games, movies and adults who model inappropriate behaviors
- You are influenced by your peers because you are afraid of what they may say or do if you refuse their requests – you are afraid of rejection

- You want to be “cool”
- By following the crowd, you become part of the crowd. You become a “blender.” Stand out in a crowd by standing up for what you believe in. You’ll have greater self-esteem.

### How to Resist Peer Pressure

1. **Stand firm** in what you believe! Do not allow anyone to sway you from your beliefs or values. If you are unsure where you stand on an issue, ask questions until you do know where you stand.
2. **Remember** that you have the right to say NO!
3. **Be assertive** – mean what you say. Look your peer straight in the eye, use an assertive tone of voice and tell them NO!
4. **Do not be conned!** Once someone has tried to get you to do something you do not want to do and you have said “No”, expect the CONS. You may hear, “If you’re my friend, you will do it!” or “If you want to be my friend, you will do it!” and “What are you? A chicken?” All of these sayings are cons, which are used to get you to change your mind. These people want you to do something that you both know is wrong. They want to control you. They want to see if they can get you into trouble or get you to do their dirty work. Do not get set up! Do not get conned!
5. **Remember** the word “Dare” starts with the letter “D” and so does the word “Dumb.” Don’t be DUMB! Do not be controlled by a dare.

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## Pressure from the Media

- Swearing • Violence • Being Irresponsible
- Becoming Desensitized • Prejudice
- Drinking • Smoking
- Conforming to Other People's Standards

Everyone gets pressured, whether they are aware of it or not. Turn on the television or go to a movie and see how much violence you see and how much swearing you hear. There are many video games and toys, aimed at young kids, which are violent and deliver negative messages. Many people have the attitude that if everyone is doing it then it must be right. Right? WRONG! Many people make bad choices. It doesn't make these choices right. Think for yourself. Do not allow television, music, movies, video games or other people to do the thinking for you. It's easier to do what everyone else is doing, but it's more fun doing what you want to do. The right thing!

*Advertisers want you to think you will be popular, cool, gain status or be a better person if you try their product.*

*Think for yourself.*

*Decide what's right for you.*

*Then Do it!*

## GUILTY BY ASSOCIATION



Many people get into trouble because they are around the wrong people at the wrong time. What do you do when your friend asks you to come with him when he steals from a store? All he wants you to do is keep the store owner busy. You won't actually be stealing....will you? If you don't comply, he says he won't be your friend anymore. What do you do?

Don't get fooled by the "I won't be your friend anymore" line. This line has been used for years to convince people to do the wrong thing. If this person is your friend, then he will accept your "no" at face value. You may be the one that stops your friend from doing the wrong thing.

You see, if your friend gets caught stealing and you are there, you will get into as much trouble as they will. If you hang around a bully, people may assume you are a bully too. If you are in a situation where someone you know is doing something wrong, get away as fast as you can. If this person gets caught, you get caught. If you hang around people who swear, drink, bully, tease,

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You see, if your friend gets caught stealing and you are there, you will get into as much trouble as they will. If you hang around a bully, people may assume you are a bully too. If you are in a situation where someone you know is doing something wrong, get away as fast as you can. If this person gets caught, you get caught. If you hang around people who swear, drink, bully, tease,

or destroy people's property, even if you don't do these things, people will assume that you are guilty by association. It's not worth it. You push more people away than you attract. It's not easy, but you can do it.

### **Be a Person Who Teaches Through Their Actions, Be a Role Model**

We are faced with many difficult situations every day. As leaders we need to take control of these conflicts and learn how to handle them so that we can overcome these difficulties and present ourselves as role models. You can teach people by relaying information verbally. You can also teach people by being a good example. People learn by watching others. When we are being watched, let's take the attitude of a leader and teach by being a great example of what a leader is: someone who takes initiative, is a good sport, a good friend and has integrity. There are so many ways to model leader behaviour.

Let's have people learn from how we handle our situations. Let's show others that it is important to always try your best and handle difficult situations in the best way you can. By doing this, you help yourself feel good as well as teach others how to feel good about themselves. Never underestimate the influence you have on people.

*"Success is the sum of small efforts – repeated day in and day out."* Robert Collier

## **PROBLEM SOLVING**



We do not always have a lot of say when it comes to the problems that enter our lives. We do have control over the attitude we take when problems come our way as well as how we choose to handle them. We could have a defeatist attitude, which means that we let the problem get the best of us. Or we could take the problem, solve it the best way we can, and turn the negative experience into a positive one by allowing the experience to help us learn and develop as leaders. Life experiences are what help a leader develop into a person who can handle a variety of challenges. It is all in how you look at things. Develop a leader's attitude.

### **Common Reasons For Bad Choices**

Why is it that even when we know one of our choices will get us into trouble, we still make that choice? The following are just a few common reasons for bad choices...

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### **Common Reasons for Bad Choices**

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- We want to be rewarded right away for a behaviour instead of waiting for a reward which may take longer to receive. For example, the decision to steal a baseball cap instead of saving for it, as it will take too long to get it otherwise.
- We act on our emotions instead of thinking through the problem and solving it intelligently. If, for example, someone comes up to us and teases us, we may want to involve ourselves in a fight, acting on our anger, instead of trying to solve our problem in a positive way by remaining calm and using bullyfreeME strategies.
- Everyone wants to be noticed. Sometimes bad choices are made because getting negative attention beats getting no attention at all.
- We may be pressured into acting on a poor choice because we want to fit in or we are told that if we do not perform what we know is wrong, we will no longer be accepted by the peer group.
- We don't learn from our past mistakes.
- We are negatively influenced by the television programs we watch or the video games we play.

*"The measure of success is not whether you have a tough problem to deal with, but whether it is the same problem you had last year."*  
John Foster Dulles

It is important to have a plan ready so that if we are faced with hard choices, we can deliver smart answers. Answers which are well thought out and delivered effectively. If we are not prepared for hard choices, we may make the wrong choices and adhere to the wrong answers.

### **Short Term Rewards and Long Term Consequences**

Since we want our problems to go away as soon as possible, we often choose a problem solving method which will be fast and to the point. This usually involves acting on our feelings instead of thinking about the problem, our response to the problem and the consequences of our choices. For example, if someone teases us, we fight; if we want something, we take it; if someone asks us to do something, we argue.

If you think about how to solve problems properly, you will realize that fighting, stealing, lying and arguing only make your problems worse. If we do things right the first time, we don't have to keep going back to correct our mistakes. The less time you spend making corrections, the more time you'll have to enjoy your activities.

**Leadership Tip:** When you are faced with a problem, remember to STOP, THINK and PLAN and you will have fewer problems and more success when problem solving.

*"Courage is being scared to death, but saddling up anyway."* John Wayne

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## THE "COOL" CONFLICT SOLVING PLAN

**C**onflict – Identify the problem – Attack the problem, not the person.

**O**bserve possible solutions – There is always more than one way to solve a problem.

**O**ne solution is chosen.

**L**ook back – Evaluate your choice.

Once we have identified the problem, we now have to think of ways of solving it. For example, if we get teased, possible choices to solve our problem could be:

1. Tease back
2. Get into a fight
3. Start crying
4. Tell an adult
5. Be assertive and tell the person you will not tolerate teasing

Now that we have thought of possible solutions, we now must choose one and put it into action.

After a choice has been made, and we have put it into action, we must ask ourselves, "Did it work and if not, why not? Every problem has many solutions. Review each choice until you find a solution that works. Choose another solution if your first choice did not work and review its success.

*Too often we give children answers to remember, rather than problems to solve.*

## COOL SOLUTIONS

### STOP, THINK, MAKE A PLAN

Every problem has more than one solution.

We must learn to pick the best way of solving our problems.

This could mean that we will fail before we succeed. However, if we choose poorly, we can learn from the experience and choose another solution. We now know that this solution does not work and will learn from our mistake.



Here are a few examples of problems and possible solutions. Which solutions would you pick?

**1. Your mom asks you to clean your room. You:**

- Argue with your mom.
- Tell her you will do it later.
- Clean up your room immediately.

**2. Your friend starts to tease you. You:**

- Tease him back.
- Tell him to stop.
- Punch him in the nose.

**3. Your best friend wants you to steal candy. You:**

- Tell him to forget it and walk away.
- Steal the candy because you want to fit in.
- Tell your parents.

## COOL SOLUTIONS

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  - Steal the candy because you want to fit in.
  - Tell your parents.



**4. You accidentally broke your dad's favorite golf club. You:**

- Own up to what you did and accept the consequences.
- Hide your dad's golf club and tell him that you don't know where it is.
- Tell your dad that your brother broke it.

Do not be afraid of making mistakes. Where would we be now if Alexander Graham Bell wasn't willing to make mistakes? He invented the telephone, but not before making hundreds of mistakes that led him to his success. Mistakes are opportunities to learn, get better at something and become a better leader.

"You don't drown by falling in the water;  
you drown by staying there."  
Edwin Louis Cole



## MRS. FINKLESTEIN'S FRIENDSHIP FACTS



The Word "Listen" Contains the Same Letters As  
the Word "Silent."

### What is a friend?

A friend is someone who likes you just the way you are. You do not have to change who you are or what you believe, in order to be someone's friend. Nor do you have to do anything or give anything to be accepted as someone's friend. A true friend accepts you at face value, faults and all.

There are people who will ask you to do something in order to qualify for their friendship. Take this as a sign that the person is not really interested in having you as a friend. Remember that you are offering them something extremely

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There are people who will ask you to do something in order to qualify for their friendship. Take this as a sign that the person is not really interested in having you as a friend. Remember that you are offering them something extremely

special – your friendship. If they cannot see the value in this, maybe they do not have what it takes to be a real friend.

Don't sacrifice the real you in order to be someone's friend. It's not worth it! Get Real to Be Real.

### **Investing In Your Friendships**

Keeping a friendship going is not always easy. It takes two people caring about each other and willing to work at being friends. If one person is doing all the work, then the friendship is in danger of failing. What you put into a friendship is usually what you will get out of it. Invest time, energy and the desire to do good things for your friend and you will be rewarded with a great friendship. Be the example of what a good friend is supposed to be.

How do you know if you will make a good friend? The first thing you need is the desire to work hard at being a friend, and secondly you need to know what a good friend is like.

*"The older I get the less  
I listen to what people say and  
the more I look at what they do."  
Andrew Carnegie*

## **FRIEND QUALITIES**



Here are some of the qualities I look for in a friend. Are they what you look for?

### **Be Trustworthy and Dependable**

If you make a promise, keep it! If you say you will do something, do it! If a friend tells you a secret, don't tell. There is an exception to this rule. If your friend tells you a secret that involves someone getting hurt or being put in danger you must tell this secret immediately to your parents or a trusted adult.

Trust is a characteristic you build your friendship upon. If you make a promise and break it, the next time you promise something you will find it is not worth anything. You will no longer be believed. Don't blow it! You may need that promise to be believed. Remember: saying, "I was just kidding" doesn't take back a promise.

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Your friends also need to be able to depend on you. They need to know that if you say you will do something, you will do it. Dependability can lead to opportunities and successes. You do not want the reputation of someone who does not do what they say they will do. You may be losing out on opportunities to make money or advance in something you are doing, but most importantly you will be losing out on opportunities to be someone's friend.

### **Be a Good Listener**

If a friend wants to share something with you, be a good listener. It is important to show your friends that you are interested in what they have to say. Whether they are telling you about what they did or saw or about something that is bothering them, listen.

Listening shows your friends that you care.

Making eye contact is important. It tells your friends that you are listening. Only interrupt when you have something to add to the conversation. Be a good listener. Be a good friend.

*"Do not follow where the path may lead.  
Go instead where there is no path  
and leave a trail."  
Ralph Waldo Emerson*

## **BE AWARE OF UNSPOKEN MESSAGES**

Being a good friend is being aware of the different ways your friend will tell you how they feel. You should be able to pick up these cues in order to adjust your behaviour if you are doing something that it is bothering your friend.

If you are teasing your friend in a fun way, are they taking it in fun? If you are play fighting with your friend, how will you know when it is time to stop? You need to know what the cues are which give you the STOP message. These cues can be one or more of the following: (1) Tone of voice (2) Body language; clenched fist, arched back (3) Facial expression, and (4) Repeating the NO message over and over again.

Know how your friends are feeling. If a friend says NO, then take it as a NO and stop what you're doing. Don't push a joke too far. We sometimes hurt a friend because we have not picked up on the NO messages.

It is also important to pick up on our cues. What messages are we giving off? We need to notice how our friends are reacting to us. Do we see signs of our friends misunderstanding something we have done or said? We also need to think about how we talk to our friends. What is the tone of our voice like? Are we delivering a confusing message? Maybe they think we are angry when we are not. Sometimes we unintentionally say things that upset our friends.

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Be sure you are delivering an accurate message. Do a self check every once in a while. Make sure your voice doesn't sound angry when you're happy. Make sure your friends know you think they are great. Communicate your feelings. Don't be afraid to tell your friends how you feel. What do you have to lose?

### **Be Thankful**

If your friend is doing something nice for you, show him that you are grateful. There are people who enjoy doing nice things for other people. All that these people usually want in return is to feel appreciated. No one likes to feel taken advantage of or unappreciated. Thank your friends when they do something nice for you. Words like "thank you" and "please" can mean a great deal when it comes to adding to your friendship.

### **Be Sensitive to Your Friend's Needs**

Know when your friend needs to be alone, needs their space, or your company, or needs someone to listen to them. Think of your friend's needs over your own and you will find that your needs will be taken care of.

### **Be Patient and Forgiving**

We all have bad days. If your friend says or does something you do not like, call them on it, but always be willing to forgive.

### **Include Your Friends**

You may be playing with other friends, and a friend who is not part of this group wants to play with you. Include your friend in the group. Do not let others influence you to exclude this friend. Have the attitude that more friends playing together equals more fun.

*"The most important single ingredient in the formula of success is knowing how to get along with people."  
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## A QUICK REFERENCE ON HOW TO MAKE FRIENDS



1. Don't wait for someone to come up and make friends with you. Make the first move.
2. Find something that you have in common so you can create a conversation. Look at the person. What are they wearing? Are they in your class? Do you share similar interests? If they are wearing a Blue Jay's shirt, begin talking about the Blue Jays! Finding something in common will help you begin a conversation and a potentially new friendship.
3. Be yourself. Do not put on an act and pretend you are someone you are not. It doesn't take long before people see through your act and see that you are a fake. You end up leaving a bad impression. Be yourself and let the real you shine through. You want people to like you for who you really are.

4. Be honest, considerate and giving. Let people know that you would make a great friend. Invest time and energy into your friendships and you will receive amazing friends, experiences and opportunities.
5. Compromise. Compromising means that if you have difficulty solving a problem with a friend, you come to a solution that you can both live with. This may only come about if you are both willing to sacrifice a little of what you originally wanted in order to solve the problem. For example, suppose that your friend wants to go roller skating, but you want to go to a movie. How could you come to a compromise in this situation? One possible solution may be that you go roller skating this week as long as your friend is willing to go to a movie next week. Come up with a solution that will make you both happy.
6. Get involved. The best way of making new friends is by getting involved in group activities. You will be surrounded by people who enjoy the same activity as you do. What better way to start conversations and establish new friendships.
7. Communicate effectively. Be aware of the messages that you are delivering. Be aware of your tone of voice and body language. Deliver the right messages.
8. Never give up. Sometimes making and keeping friends can be really difficult. No one wants

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8. Never give up. Sometimes making and keeping friends can be really difficult. No one wants

to get hurt so sometimes people are unwilling to take risks. However, by taking risks you are increasing the chances of making a friend who will like you for being you, who will be with you in good and bad times and, best of all, help you feel good about yourself. Take the risks. Make the first move. Join new activities. Make a friend.

Many people will talk themselves out of making the first move or joining a new activity or group. They are afraid of being rejected or that maybe the activity won't be fun. These people play it safe, finding themselves alone, without friends, without the experiences that could be theirs. Take the chance. You have nothing to lose, only friends to gain and experiences which will help you develop yourself as a leader.



## UNDERSTANDING SELF-ESTEEM

**SELF-ESTEEM** refers to how we feel about ourselves. Our perceptions of the world, how we are treated by others and our successes and failures can direct our self-esteem in either a positive or negative direction. We must understand that we have control over how we perceive the world and our place in it. We need to learn what to do with what comes our way so we can develop a confident, well-adjusted personality.

Earlier in my life I had extremely low self-esteem. What greatly affected the way I felt about myself was my perception of the world. I would interpret what was going on around me as personal attacks. If a teacher, for example, came into class and was having a bad day, I would immediately interpret their bad day as something I did to cause it. Even now, when I meet a negative person, I begin to analyze my behaviour instead of understanding that there are many people who are just negative. It has nothing to do with my interactions! What I have learned from this is to not own other people's problems. Here are a few ways of building confidence and improving self-esteem.

- If you make a mistake, do not be hard on yourself. We all make mistakes. Use your mistake as a life lesson. What can you learn?
- Get involved in an activity that you enjoy because each time you succeed in something, you are raising your self-esteem and confidence.

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- Get involved in an activity that you enjoy because each time you succeed in something, you are raising your self-esteem and confidence.

- Acknowledge your successes and notice your strengths.
- Catch yourself when calling yourself names or bullying yourself. Change your negative self talk to words of encouragement and self-praise.
- Never do anything purposely that will make you feel or look bad. For example: hurting others, bullying, teasing, smoking, drinking, drugs, or being pressured into doing something you don't want to do. Being cool means being yourself and not allowing others to dictate how you should be.
- Live beyond a label. Many people live their lives according to the labels they have been given. Labels such as: attention deficit, smart, dumb, good, bad, ugly, useless, the list goes on. If a label helps you succeed, use it. However, if a label limits you in any way move past it. Create your own label, one which has a positive influence on your life.
- Use negative experiences to teach others. As you know, I have a learning disability, attention deficit and am adopted. I purposely use these potentially negative labels to teach that everything that can be seen as negative can be used in a positive way. I would not give away my attention deficit or learning disability, or the fact that I am adopted, as I see these labels as tools I can use to help others. For example, I know a boy who was severely bullied by an older boy. He uses this experience to help

others understand bullying and its effects. I know a young girl who has a facial deformity. She teaches others about the importance of not judging someone based on their looks alone. Use what you experience as a tool in your leadership style.

### Full Esteem Ahead

- **Set realistic goals:** figure out what you want in life, then set realistic goals to achieve it. If your goals are unrealistic, you may give up on your dreams and lower your self esteem as a result of your failure. Many people live life without goals, or have goals, but never take action. If you want to achieve your goals, you need to write them down and plan how you are going to achieve them. If you wait for your goals to "just happen," you may be waiting a long time.
- **Motivate yourself:** motivation comes from within. You have to motivate yourself to accomplish your goals and have the attitude that you will not give up until you accomplish what you are going after. Reward yourself when you are successful and learn from your mistakes.



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- **Contribute:** you feel good when you are contributing to the activity or job you are pursuing. I find that when I am given the opportunity to contribute my skills to an activity or job, I feel great about myself. Avoid situations where you are not permitted to contribute your skills or expertise. There are many adults I know in jobs they hate because they feel they are not respected or able to contribute.
- **Be happy with yourself:** do not spend time focusing on your negative traits. Focus on the incredible qualities that make up you. Avoid comparing yourself to others. We all have strengths and weaknesses. You may see someone having incredible gifts. What you do not see is what they are weak at. I assure you that their gifts are no greater than yours and that they also have things they need to work on.

I was someone who had incredibly low self-esteem. Even today I have to keep on top of my self-esteem issues. The difference today is that I can catch myself when I start focusing on the negative. I also make a point of not owning other people's problems.

What really helped me develop my self-esteem was to learn what affects my self-esteem and create successes which I could use to improve my confidence and self-esteem. I was a bad athlete. I was the guy, who would score on his own team. Once I realized, and so did everyone else, that my strength wasn't sports, I began pursuing an interest

in music. I did extremely well in music, receiving the achievement award in music when I graduated from high school. I received opportunities in the Burlington Teen Tour Band which allowed me to perform at Hamilton Place, which eventually led to numerous experiences playing in a rock band. These experiences included playing at the El Macombo and the CNE, winning the Q107 Homegrown contest twice, and recording in Le Studio in Montreal with Paul Northfield of Police and Bowie fame. These positive life experiences helped me develop the confidence to create the Kids 4 Kids Leadership Program, which has become one of the most popular programs in the Greater Toronto Area and has led to other positive experiences.

The key to improving your self-esteem is to create positive experiences that will open the doors to other positive experiences. This will foster positive self-esteem. Do not talk yourself out of opportunities that could lead to successes and opportunities that will strengthen your self-esteem. If I can do it, so can you!

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## ACHIEVING YOUR GOALS



*Reach for the Stars and Touch the Moon*

**GOAL SETTING** is an important part of the building yourself into a hero process. Many of us want to accomplish specific things in life but never do because our goals are either unrealistic or because we do not have a plan. For example, think of the individual who wants to lose weight, but never exercises and continues to eat junk food. They also fill themselves with self-defeating statements such as:

- "I'm too tired to exercise when I come home."
- "I've always been fat."
- "I don't have the will-power."
- "I need someone to exercise with me."

If their goal is to lose weight, they must develop a plan. This plan must be realistic, measurable and set in action. They need to write down their goals

and monitor their progress. Nothing will happen if they just wait for it to happen. They must make it happen. Here is an example of a goal setting plan for someone who wants to lose weight.

- I will run every morning before school.
- I will eat well-balanced meals.
- I will reduce my intake of junk foods.
- If I get the "munchies," I will have fruit or low fat snacks.
- I will lose X amount of pounds before a given date.

These goals can be monitored and are measurable. If we fail to follow one of our goals, it is important not to lose hope. Chalk it up to a bad day and move on. It is equally important to reward yourself with positive self-praise when you succeed in accomplishing your set goals. Continue to remind yourself how you will look and feel when you have accomplished what you have set out to do.

*Everyone, from time to time,  
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## SETTING GOALS



There are four things which prevent many people from accomplishing their goals.

1. No definitive goals
2. Poor self-esteem, that leads to learned helplessness
3. Fear of failure
4. Goals that are not realistic or attainable

### **Define Your Goals, Control Your Direction**

As we make our way through life, we often have specific goals we want to achieve. Maybe you've wanted to be a famous singer or improve your ability at playing the guitar. Some kids want to become NHL hockey players, some want to be successful dancers and some have other goals in mind. It's great to have aspirations and goals, but for them to happen, we must create an action plan. Without a plan, we tend to move in too many directions. We become unfocused. Genius has been described as the "ability to focus on one thing at a time." We must focus on what we want to accomplish and then design a plan of action which will help us achieve our goals. I know too many people who know what they want, but never

do anything to move themselves closer to their destination. It's like trying to find a city without a map; you get lost. Direction is important because if you don't know where you're going, you'll probably end up somewhere you don't want to be.

### **Your life Can't go according to plan if you have no plan!**

The power of goal-setting is that setting concrete goals enables you to go beyond the planning stage. It's one thing to want something to happen but quite another to actually set the goal, design a plan and work toward its success in a conscientious and dedicated manner.

### **Until you clearly list your goals and have a written plan attached to them, you aren't a goal-setter or a goal-achiever**

1. Write down your personal, academic, professional and lifetime goals on a piece of paper.
2. Decide which goals are a priority. Do not work on too many things at one time or you will be running in too many directions.
3. Decide how you are going to accomplish these goals. Set a time period so you can be accountable for completing each task.
4. Evaluate your progress. Are you moving closer to your goal? Are you becoming an achiever? Does your action plan have to be adjusted? Is it working?

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4. Evaluate your progress. Are you moving closer to your goal? Are you becoming an achiever? Does your action plan have to be adjusted? Is it working?

### **Are Your Goals Measurable?**

Not every goal is measurable. For example, you can't specifically measure how much your self-esteem has improved, although you may know and feel that it has improved. However, putting measures on a goal helps you to know at any time how close you are in acquiring your goal. For example:

**Goal:** I want to improve my leadership skills

**Tasks leading to accomplishing a goal:**

1. I will help my friends on the schoolyard
2. I will read four chapters of a leadership book over one week
3. I will learn how to problem solve two new problems over a week
4. I will volunteer an hour of my time, helping an individual or group

These tasks are all measurable. You may change the tasks over a period of time, but they will eventually lead you to accomplishing your goal. You will improve your leadership qualities.

### **Watch out for obstacles**

You need to know that there are obstacles that could prevent you from achieving your goals. The good news is that the obstacles will only affect you if you allow them to affect you.

1. Poor self-esteem can affect your ability to achieve your goals. You need to empower yourself with positive self talk, focusing on your

strengths. It is quite common for people to get into the learned helplessness mode: when you catch yourself saying these things, give yourself a big kick in the butt! To achieve your goals means to focus on what you can do, work on what you can't, and move toward what you will.

2. Fear of failure is the biggest killer of dreams there ever was. So many people are afraid of failing that they fail to try. Understand that failing will help you move closer to your goals. If you try something and it does not work, try something else. You have now learned about one more thing that does not work. You will eventually find the thing that does work. Failures are opportunities to learn. See them that way.
3. Negative people are everywhere! You need to protect your dreams and aspirations from them as they want to take them away. You will notice that as you become successful there will be people putting you down and attempting to make you feel unsuccessful. Do not give up. Do not change your direction. Blow through these people and show them that you will succeed despite their efforts to make you fail. Do not be discouraged; for every door that closes, another one opens.
4. Make sure your dreams are realistic. For example, you may want to be a famous singer, but your voice lessons haven't helped you and you still can't sing. It is fun to try new things,

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4. Make sure your dreams are realistic. For example, you may want to be a famous singer, but your voice lessons haven't helped you and you still can't sing. It is fun to try new things,

but remember that you cannot be great at everything. Have fun and try new activities, but be sure you have goals that are achievable.

"The significance of a man  
is not in what he attains,  
but in what he longs to attain."  
Kahlil Gibran



## TWELVE WAYS TO KEEP ON SMILING

Hold on to your dreams, and  
never let them go  
Show the rest of the world what I already know:  
how wonderful you are!  
Give circumstances a chance,  
and give others the benefit of the doubt  
Wish on a star that shines in your sky

Take on your problems one by one  
and work things out  
Rely on all the strength you have inside  
Let loose of the sparkle and spirit that  
you sometimes try to hide  
Stay in touch with those who  
touch your life with love  
Look on the bright side and don't let adversity  
keep you from winning  
Be yourself, because you are filled with  
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Keep your spirits up  
Make your heart happy, and let it reflect on  
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## SIMPLY SAFE



Being a leader means not only being responsible for your own safety, but being responsible to teach others how to be safe. Within the next few pages you will learn various ways of keeping yourself and others safe. Safety should always be a leader's priority and responsibility. Please take these next pages very seriously as you may be faced with an opportunity to help someone who will need the knowledge contained in this chapter.

### Community Safety Checklist

- Know your phone numbers (i.e. home number, parent's cell and work numbers, emergency contact numbers.) Know your home address.
- Do not walk home alone. Walk home from school with friends.
- Take the same route home every day; no short cuts.
- If you decide to stay late after school or go to a friend's house, always tell your parents where you are and when you will be coming home.
- Make sure you are home on time; follow curfews. If you are going to be late, phone and let your parents know when you will be home.

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- Know where your "safety zones" are. These can include your school, your friend's house, friends of your parents or neighbours your parents know and approve of.
- Never give out personal information to a stranger.
- If you are in danger and in need of adult intervention, yell "FIRE!"
- If you need to get help from a stranger and you have the choice between a man or a woman, choose the woman or a woman with a child.
- As a family, choose a code word. Never go with anyone who does not know this code word.
- Do not roughhouse/wrestle with your babysitter.
- Never sleep in the same tent as a counselor.
- If you know of someone being bullied or hurt, tell an adult.

Winning isn't everything,  
but wanting to win is.

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## STRANGER SITUATIONS



“Don’t talk to strangers” is probably the most common warning you will hear in an attempt to prevent a situation with a bad stranger. Unfortunately, these warnings ignore everything that is known about the bad stranger.

To begin with, the term “stranger” does not clearly define the bad stranger and others who might hurt you. It misleads you into believing that you should only be wary of unknown individuals who have an uncommon or shabby appearance. In reality, bad people are very normal looking individuals who come from all walks of life. They can be, and in most cases are, someone you may know like a neighbor, friend’s parent or coach, someone you would not consider to be a “stranger.”

Also remember that no matter how many times you are told not to “talk to strangers” you will

in normal day-to-day activities talk to strangers. It may be the store clerk around the corner, the substitute teacher or the new babysitter. These people are all strangers for a period of time. To solve this problem we need to know the difference between good strangers and bad strangers. But, does this mean that when a “good stranger” asks you to do something that makes you feel uncomfortable you should do it? Of course not. What can you do to protect yourself? Read on for answers to this question.

Situations and appropriate responses are easier to understand than a particular image or profile of a stranger. Research has shown that bad strangers use a selected number of tricks to connect with children. If you know these tricks and how to respond, you will be able to keep yourself safe.

### **Important Concepts**

Before learning about common tricks, you need to understand some basic concepts.

**Good people who do bad things:** There are individuals who do good things like give you gifts, take you to the movies and shower you with attention, but who are capable of doing bad things. Just like how a beautiful sunny day can turn to a day of rain and cold is like how a good person can turn from doing nice things for you to acting inappropriately. You don’t go outside in a bad storm. You protect yourself.

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**The Tricks:** When you go fishing, you bring along worms to trick the fish onto your hook so that you can catch them. It's the same with people who want to catch children with their tricks. They obviously do not use worms, as most kids would prefer a good old chocolate bar. However, they do use tricks such as gifts, flattery, attention and false promises which fool many children into unsafe situations.

**Your Instincts:** Your body has its own built in alarm which sounds off when you are placed in a dangerous situation. Have you ever felt uncomfortable when you meet a person? Did you get a weird feeling when asked to do something? You may not always be able to explain this feeling, but acknowledge it as it is your body's way of telling you that you may be in danger.

**Rules and Laws:** You have rules you must follow at school and at home. So do adults. One rule or law that is important to discuss is that no adult, for any reason, is allowed to touch your body. If an adult does this or asks you to touch their private area, they are breaking the law. You must tell your parents as soon as you can. These individuals need to be stopped so that they are stopped from doing it to others.

## COMMON TRICKS USED BY BAD STRANGERS

**Assistance:** Adults do not normally ask for assistance from children. The intent of the trick is to get you away from your friends or from a public place to a location where the stranger can get you alone. Examples of this trick include someone asking you for assistance in "finding a lost puppy," "opening a car door at the far end of the parking lot" or "assistance in carrying packages from the car." No matter who does the asking, even if it's your dad's friend Bill or the school principal, the key is to remember that children should be cautious of situations which the adult has arranged to be alone with the child.

**Job Offer:** The bad stranger approaches you and offers you a job. The bad stranger is attempting to get you away from your protective circle. They may offer you a job in looking after a dog, or babysitting, or yard work. A "trust" relation may be formed which could lead to an opportunity to trick you. No matter what job is offered you should for no reason go to a stranger's home or enter their vehicle. You should state that they should talk to your parents first before a decision is made. Parents need to check out this individual to make sure they are a person you can trust. Adults should always discuss potential job offers with your parents first.

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**Authority:** The bad stranger poses as a person of authority, such as a police officer, security guard, superintendent or anyone else that may be considered a person of authority. The bad stranger may approach you and tell you that they are arresting you for suspicion of drugs or theft or anything that may sound reasonable. This usually only applies to older children. You have the right to question authority. Credentials of anyone who wants to take you somewhere should be checked out by a teacher or a parent before you are allowed to go with this person. Police officers will not approach you on the schoolyard to talk to you. The police would normally first go to the office of the school first. The intent of this trick is to remove you from your normal safety area which means taking you away from other people to get you alone.

**Fear:** The bad stranger may use threats or show you a weapon to get you to go with them. Your best chance in this situation is not to leave the area where you can possibly get help. In other words, you should never leave a safe area (like a mall or playground) to go with someone threatening you, even if they have a weapon. The bad stranger gains control of the situation only after they have left the area where you could get help. If this occasion should arise, your best approach would be to scream, "Fire!" or "Please help me! This is not my father." Make as much noise as possible. The bad stranger is not going to

stay around. At this point, it is important that you notify the police of the situation. This response may save the life of another innocent child. Fear is also used to continue an established relationship: "If you tell anyone, I'll get your younger sister."

**The Hero Lure:** Sometimes we seek the attention of individuals we know and admire. Our heroes may include a coach, cub leader, teacher, parent or relative. In the case where you know the bad stranger, you might put up with the tricks in order to keep this person out of trouble. Real heroes would never do anything that would hurt you, especially something against the law. If a person uses tricks to hurt you or make you feel uncomfortable, they are not a hero, but an individual who is using the hero trick to get what they want from you.

**Gifts:** Candy is still commonly used by those who trick children as a means of attracting them. Beer and drugs are also used to attract older children. The intent is to make the child feel obligated to the bad stranger and willing to go with them. A child may be afraid of getting into trouble for doing drugs or drinking alcohol, thus they might not disclose the problem. Parents should be concerned if their children come home with new clothes, CDs, video games or anything else of value if there isn't a reasonable explanation for where they got them. Parents have the right to question any gift coming into to their house, even if it is from a close friend. Is there a friend or

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a family member taking a special interest in your child and if so, why? It is not normal for adults to bestow gifts on children for no apparent reason. Does this same person offer to babysit your child? Does this person spend excessive amounts of time at your home or engage in games or horseplay with your children? You have the right to question this person's motives.

**Modeling, Photo or Beauty Contests:** One of the oldest ploys to make a child feel special is to ask the child to pose for a picture or tell them that they should be in the movies. Photo sessions can be a way to develop a child's confidence, but later lead to a problem. Legitimate studios would never take a child's photo without the consent of a parent.

**Games and Fun:** Bad strangers have been known to pose as clowns or even join in games with children in order to develop trust. This can sometimes take place over a period of time. It is common for bad strangers to go to arcades and even give money to children for games in an attempt to develop trust. Eventually, as with the "gift" trick, it is a means of creating indebtedness, which make it hard for you to turn down the request for a favor. Be suspicious of any adult or even an older child who wants to play or roughhouse with you. Bad strangers begin by attempting to engage in horseplay with a child and then eventually begin "accidentally touching." These touches get more frequent over a period of

time leading to inappropriate touches. Fun and games are okay, but anything unusual should be reported to someone you trust.

**The Name Recognition Trick:** Well-meaning parents often mark their children's clothes, sports equipment, lunch boxes and other belongings with their names. This allows a bad stranger to call your name, putting you off guard and creating a false sense of trust. Your name may also be revealed by another unsuspecting child, or disclosed during a casual conversation. Individuals who use the name recognition trick usually use it in conjunction with another trick, such as the emergency trick. They may trick you into a situation by addressing you by name and telling you that your parents have been in an accident. The bad stranger then tells you that you must go with them to the hospital. Many children have been tricked into bad situations by strangers using this trick.

Instead of putting your name on your belongings you may put your initials or a colour code. There are many ways you can identify your clothing without putting your name on it. You should ask yourself: "How does this person know my name? Did they overhear it? Did they read it somewhere? Why did this person make the effort to get to know my name? Are they trying to get me to trust them?"

**Babysitters:** I have known children who have been inappropriately touched by their teenage

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**Babysitters:** I have known children who have been inappropriately touched by their teenage

babysitter or by a friend who is the same age. This kind of behaviour is not something that just comes from adults. Parents, be careful when you choose a babysitter. Check out their references and act on any incident which you feel is suspicious.

If anyone touches you inappropriately, whether it be a babysitter, teacher, coach, friend, or relative, tell and keep on telling. If it feels wrong, it probably is. By telling, you are helping anyone else who may run into the same situation.

Children are sometimes curious and want to "show and tell." However, when there is a significant age difference, one party not wanting to "show and tell," and/or force used, the situation moves from innocent curiosity to wrong. Do not be afraid of getting in trouble or getting someone else in trouble. Do the right thing and tell someone you trust.

**Attention and Love, Confidence and Trust:**

A bad stranger may use some form of attention to gain a child's trust. They may develop a relationship over time that may lead to a child being vulnerable to inappropriate behaviour. Your parents should be aware of any adult or older child that takes a special interest in you. At times this person will feign attempts at caring for your needs, such as offering a back rub, or any other way of having physical contact with you. It is their means of gaining intimacy with you, so they can trick you. While such a relationship can sometimes be innocent, other times it may not. Your parents

should be concerned when a neighbour regularly invites you over to watch television or to use the pool or if they seem to be developing a relationship with you through school, clubs or sports. Many adults do devote countless hours to volunteer work with children and this is obviously commendable, but is an adult singling you out with a "special interest?" Remember too, that those who trick children will, at times, use known organizations as a means of meeting children. Although these organizations do have screening processes, the bad stranger may not have a criminal record.

**Inappropriate Talk:** If an adult starts talking to you about anything that makes you feel uncomfortable, tell your parents immediately. Do not feel you will get in trouble as you are not doing anything wrong. This adult should know better.

***You are safer now that you know the tricks***

Make sure when you are out in the community to stay close to your parents. If you are old enough to go to the mall by yourself or be left in a bookstore to look at books you like while your parents are off in another part of the store, have a plan. Do not start talking to adults you do not know. Never, ever go anywhere with a stranger and make as much noise as possible if you feel you are in danger. If you need adult help, look for your parents, someone with a store uniform, a security guard, a police officer or someone you can trust.

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Arrange a meeting place in the mall or store to meet your parents. Make sure you set a meeting time and are consistently on time when you do meet your parents. If you get lost or separated from your parents in a mall go to the information desk and ask them to page your parents.

If you need to ask a stranger for help ask a woman or a woman with a child. Unfortunately, most of the bad strangers are men.

If you are separated from your parents at a mall, stay inside the building and immediately look for a mall employee or security officer. Do not leave the building.

Now that you are aware of these strange situations, you are a lot safer than depending on the "Don't talk to strangers" rule. If you come across any of these situations, you will now see them as red flag situations and can avoid and report them immediately.

*A wise man learns from the mistakes of others,  
a fool by his own.*

## THE PARENT AND CHILD SAFETY QUIZ

*There could be more than one correct answer.*

### Scenario # 1

A man comes up to you and tells you he is a friend of your parents. He says they have been in a terrible accident and has to take you to the hospital to see them. You should:

- A) Go with the man as he looks honest.
- B) Ask him for more details to see if he really knows your parents.
- C) Tell the man you will go home and get a ride from a "friend of the family."
- D) Talk about this situation with your parents before this scenario ever happens so that you know your parents would never send a stranger to take you anywhere.

### Scenario # 2

A man grabs you by the hand and starts walking you to his car. You should:

- A) Start screaming and freaking out.
- B) Go with him as he seems nice enough. He just wants to show you his hockey card collection.
- C) Scream out that this man is not your dad. Scream out, "Fire!" Resist.
- D) Go with him because if you don't he may get mad.

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- D) Go with him because if you don't he may get mad.

**Scenario # 3**

Your uncle starts touching you inappropriately, making you feel uncomfortable. When you move away he says that if you tell you will get in a lot of trouble. You should:

- A) Forget about it as it didn't really hurt.
- B) Punch him in the stomach.
- C) Stay with him and allow him to continue because you don't want to get in trouble.
- D) Yell, "Stop!" move away, tell your parents immediately.

**Scenario # 4**

You are lost in Toronto. You should:

- A) Ask the first man you see for help.
- B) Look for a policeman or police station.
- C) Go into the nearest store and ask for help.
- D) Go up to a woman with a child and ask for help.

**Scenario # 5**

Your coach/leader offers you a ride home. You have been told not to go into a car with anyone without your parents' permission. You should:

- A) Go with your coach as it is disrespectful to turn down the offer.
- B) Wait and see if your parents show up. If they do not then take the ride.
- C) Say "No thank you" and wait for your parents.
- D) Phone your parents for permission.

**Scenario # 6**

Your friend tells you that his cub leader offered him money to do something inappropriate. You should:

- A) Tell your friend's parents.
- B) You should tell your parents.
- C) You don't tell because your friend told you it was a secret.
- D) You don't tell because you are afraid of getting the leader in trouble.

**Scenario # 7**

You are walking home and you are confronted by a group of bullies. You should:

- A) Push your way past them.
- B) Stand there and take the chance that they will not do anything..
- C) Walk to a safety zone.
- D) Run away.

**Scenario # 8**

You are home alone and the telephone rings; a voice on the other end asks if your parents are home. You should:

- A) Tell the caller your parents are busy and cannot come to the phone.
- B) Let the answering machine answer it.
- C) If the message requires an immediate response, call your parent.
- D) Do not tell the caller you are home alone.

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**Scenario # 9**

You are home alone (or with your brothers or sisters) and someone knocks on the door and asks to read your indoor electricity meter. You should:

- A) Keep the front or screen door locked.
- B) Do not open the door to anyone without your parent's permission.
- C) Tell the person to come back later when your parents can answer the door. Do not let the person know that your parents are away.
- D) Use a telephone to call a neighbor to ask for assistance if the person refuses to go away or is persistent.

**Scenario # 10**

You are in a public restroom and someone is bothering you. You should:

- A) Yell, "Stop that!" as loud as you can.
- B) Run out of the room as quickly as possible.
- C) Tell your parent, police officer, security guard, or other adult (such as a teacher) what happened.
- D) Remove yourself from the washroom as fast as possible. Tell an adult immediately.

**Scenario # 11**

You are walking in the rain to school and a car stops. The driver asks if you want a ride. You should:

- A) Stay away from the car as you do not need to go close to the car to answer.

- B) Unless you have permission to ride with that person, say, "No, thank you." If the driver persists, say "No!" in an assertive tone and move away from the situation.
- C) Tell your teacher when you get to school and tell your parents when you get home.
- D) All of the above.

**Scenario # 12**

You are playing on the playground and an adult comes up to you and asks you to help him find his puppy. You should:

- A) Move away from the stranger. Go home.
- B) Even if you know the person, do not help. Adults should ask other adults for help. Before you assist, you must get your parents' permission.
- C) Tell your parent what happened.
- D) You love animals and decide to help the stranger.

**Scenario # 13**

You are walking down the street and someone wants to take your picture. The person asks you to come to their house. You should:

- A) Stay away from the person and say in a loud voice, "No, I don't want my picture taken."
- B) Do not ever go into someone else's house without your parents' permission.
- C) Tell your parents about the person immediately.
- D) All of the above.

- B) Unless you have permission to ride with that person, say, "No, thank you." If the driver persists, say "No!" in an assertive tone and move away from the situation.
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**Scenario # 14**

An older child (babysitter) invites you to play a game called, "Doctor." They want to pretend that you are the patient and they are the doctor. This individual tells you to take off your clothes so that the "Doctor" can examine the patient. You should:

- A) Keep your clothes on.
- B) If they persist, yell and get away.
- C) Tell your parents about this person immediately.
- D) All of the above.

**Scenario # 15**

An adult you are with starts talking to you about inappropriate things. You should:

- A) Tell them politely that you do not think this topic is appropriate and wish it to stop.
- B) Quickly change the topic to an appropriate conversation.
- C) Tell an adult about it. Don't be embarrassed. It is important that an adult know.
- D) Listen to the conversation as you may learn something.

**Scenario # 16**

A babysitter or adult wants to wrestle. You should:

- A) Do not wrestle as you may get hurt.
- B) Tell the person you do not roughhouse or wrestle with adults or babysitters.
- C) Tell your parents if this individual is persistent.
- D) Wrestle with the person as you enjoy wrestling.

**Scenario # 17**

Your coach invites you to his house for a sleepover. You should:

- A) Always ask your parents' permission.
- B) Find out who else will be at the sleepover.
- C) Never go if you are the only one invited.
- D) Immediately phone home if anything makes you feel uncomfortable.

**Scenario # 18**

You cannot speak into the phone, but you need assistance. You should:

- A) Dial 911, as your call is traced to your address. (This applies to a land line, not a cell phone)
- B) Dial 911 and make noise so that the operator knows you are there.
- C) Yell as loud as you can as someone may hear you.
- D) If possible, whisper into the phone so the operator knows what the emergency is.

**Scenario # 19**

You are at camp and realize that campers are supposed to sleep in the same tent as their counselors. You should:

- A) Tell the counselors that your family rule is that you are not permitted to sleep in the same tent as a counselor. If this is a problem, they should phone your parents.

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- B) It's not an issue as that's what they do at every camp.
- C) Have your parents check out the sleeping arrangements before you go to camp.
- D) You don't want to make a fuss, so you sleep in the tent with the counselor.

**Scenario # 20**

You live in a very safe city. You should:

- A) Always have a plan as you may leave your community at some time.
- B) Not worry about having a safety plan as you won't need it.
- C) I am too young to worry about having a plan.
- D) Always have a plan, just in case you need it.

I have seen situations created in schools, camps and the community that could make children vulnerable. I have seen opportunities created that would be opportunities for a bad stranger.

Simply Safe is a guide to keep yourself safe from the tricks of a bad stranger. It has been said that knowledge is power. You may never run into a bad stranger or one of their tricks, but in case you do, you are now equipped to handle whatever comes your way.

**Answers to Quiz**

- 1. D
- 2. C
- 3. D
- 4. C or D
- 5. C or D
- 6. B
- 7. C or D
- 8. B
- 9. B
- 10. All of the above
- 11. D
- 12. B and C
- 13. D
- 14. D
- 15. C
- 16. A,B and C
- 17. All of the above
- 18. A and D
- 19. A and C
- 20. A and D

*"Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing it is not as dreadful as it appeared, discovering we have the strength to stare it down."*

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## THE INTERNET AND YOUR SAFETY



Here are some important rules to remember when you are on the computer at home or at school:

1. Never give out any personal information like your name, address, phone number, school, grade, birthday or family member's names.
2. Never send photographs to anyone over the Internet without your parents' permission. Even if someone insists, you will not get in trouble. If someone repeatedly asks for your photo, be sure to alert your parents immediately. Remember that if an adult is posing as a ten year old boy, they could easily fool you into believing they are who they say they are by sending you a fake picture.
3. Never respond to any message that makes you feel uncomfortable. Don't allow anyone to say mean or inappropriate things to you. If you do come across someone doing this, get your parents right away so they can get the person's

user ID so they can contact the online service or police.

4. Tell your parents right away if you are contacted or in conversation with anyone who makes you feel uncomfortable.
5. Never meet anyone or have anyone over to your house that you meet on the Internet without your parents' permission.
6. Only use chat rooms that are designed for children and are determined to be safe by your parents.
7. If you have a webcam, only use it with family and friends. Never use a webcam with someone you do not know.
8. Some websites are not meant for children. If you come across a site that looks suspicious, ask your parents about it. Never download applications or photos from unknown sites as they may contain viruses that could damage your computer.
9. Never open an email from someone you do not know. It may have a virus attached to it.
10. Never give out your password. This is an example of private information. No one on the Internet needs to know it.
11. Ask your parents to install "child safe" browsers. They are colorful and fun and will guide you to sites that are child friendly.
12. Don't spend all your time on the computer. Get together with your friends, go outside and play or join a club. There is fun out there for you. Go out and find it.

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## **SIMPLY SAFE REVIEW**

### **When Home Alone**

- Never tell a caller you're home alone.
- Let the answering machine answer your calls.
- If you do answer the phone, tell the caller that your parents are busy and cannot come to the phone and will phone the caller back.
- Know important phone numbers if you need help, such as neighbours, parents, police and the fire department. Have these numbers accessible.
- Never leave the house to meet anyone, no matter what they say, such as "Your parents were in an accident. They asked me to pick you up and go to the hospital."
- If you need to use 911 expect to hear the person on the phone say: "police, fire department or ambulance." You must respond with the appropriate choice. Give the person your name, address and concern. If you are not able to speak, phone 911 and leave the phone off the hook. The 911 dispatcher will send out help immediately, or if you can, yell "Help!" then drop the phone.
- Know that it is alright to hang up on a persistent caller who continues to ask if your parents are home or not. If your parents are out you should always lock the doors.

- Never answer the door when your parents are out and for no reason do you let anyone into your house, even if they are in a uniform such as policeman, fire inspector, electrician etc.

### **When Playing Away From Home**

- Always tell your parents where you are.
- Make sure they have the phone number and address of your friend.
- Tell your parents when you will be home.
- Be consistent about arriving on time.
- Phone your parents if you are going to be late.
- Have a code word that only you and your parents know. If someone comes up to you and says your parents asked them to pick you up, ask for the code word. **DO NOT** go with them unless they know it. No exceptions. They may say, "Your parents are hurt badly and could not tell me the code word." If this is the case, go to a trusted and known adult and go with them if necessary. Do not go anywhere with someone you do not know.
- If someone tries to grab you, fight to get away, right away. Use whatever you have to so you can get help. Run away from people who make you nervous.
- Adults should never ask kids for help (directions, finding a lost pet).
- If someone you don't know offers you anything, say "NO!" This may include things you really want such as hockey cards, candy or money.

- Never answer the door when your parents are out and for no reason do you let anyone into your house, even if they are in a uniform such as policeman, fire inspector, electrician etc.

### **When Playing Away From Home**

- Always tell your parents where you are.
- Make sure they have the phone number and address of your friend.
- Tell your parents when you will be home.
- Be consistent about arriving on time.
- Phone your parents if you are going to be late.
- Have a code word that only you and your parents know. If someone comes up to you and says your parents asked them to pick you up, ask for the code word. DO NOT go with them unless they know it. No exceptions. They may say, "Your parents are hurt badly and could not tell me the code word." If this is the case, go to a trusted and known adult and go with them if necessary. Do not go anywhere with someone you do not know.
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- If someone you don't know offers you anything, say "NO!" This may include things you really want such as hockey cards, candy or money.

- If you are asked to cut someone's lawn tell them you first have to ask your parents first before accepting the job.

#### **When Escaping Abduction**

- If someone grabs you, yell "This is not my father!" Most people will assume you are just having a temper tantrum if you don't yell this. You can also yell "Fire!" as this will draw a lot of attention to you.
- You need to kick, bite and punch your way out of an abduction, despite what the abductor tells you. Do whatever it takes to ensure you do not go to a second location.

#### **If They Get You Into Their Car**

- Throw something out of the car so you leave a trail that someone can follow such as a shoe, necklace, or any other item that can be used to identify you and the direction you are going.
- Wreck the car by jamming a button or any other small object in the ignition switch. The car will not be able to be started.
- Reach down in front of driver's seat and yank out as many wires as possible.
- When stopped, push on the accelerator and bump into the car in front of you.
- If you are in the trunk, disable the brake/tail lights by pulling out the wires.

#### **When In A Public Place**

- Set up a meeting place if you get separated from your parents.
- Go to the information booth and ask them to "page" your parents.
- Don't go with anyone, even if they are wearing a uniform, to a spot that is secluded and away from people. Tricky strangers are known for dressing up as policemen or security guards, and then asking inappropriate things. A real policeman or security officer does not try to lure a child to a private place.
- A safe adult could be: A mother with a child or a store employee.

#### **Walking Home From School**

- Stay in public view. Do not wander off to look for your parents.
- Walk home with a friend.
- Go straight home, unless you have told your parents otherwise.
- Never accept a ride from a stranger or a person your parents do not know.
- Do not walk in secluded areas such as behind shopping plazas, wooded areas or fields. Don't take shortcuts. Walk home the same way every day so your parents know where you are.
- If you have a problem, go to a trusted adult.
- Know where there are safe places to go before you need them.
- Use your intuition. If it feels wrong it probably is.

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### **Don't Set Yourself Up**

Don't put yourself in situations where you could potentially be hurt or put into a vulnerable situation such as sitting on a leader's lap, sleeping beside an adult in a tent, being alone in a car with an adult you don't really know, staying over for a sleepover where you do not have your own space or where you do not know the family well.

### **The Zone**

Children should be taught that no one has the right to touch their body without permission. It is their "zone." Children should also be taught the proper names for their penis and vagina. I remember working with a seven year old boy who kept on talking about someone touching his "Doe Doe." I had no idea what he was talking about. It came out later that someone in his family was touching him inappropriately. Real names are important to ensure clear communication.

### **Good Touch/Bad Touch**

Spend time talking about good touches and bad touches. For example, a pat on the back from your coach for a good play is a good touch. However, a pat on the bum is a bad touch. A quick hug from your Sunday school teacher is a good touch, a lingering hug is bad. Any unwanted kiss is bad. A basic rule of thumb is that any touch is considered a bad touch if it is unwanted.

### **Stand Up For What You Believe In**

Children should be taught to stand up for what they believe in. The child should know that they have their parent's unconditional support if they stand up for themselves and tell an adult "NO" because they are standing up for their beliefs. This will help your child to not become a victim. Many bad strangers use their authority to victimize a child. Remind your child to be respectful but assertive.

### **No Secrets**

There should be an understanding that no adult is allowed to force a child to keep a secret. Bad strangers often tell children that if they tell they will get in trouble or that something bad will happen. Adults don't need children to keep secrets!

### **Be Honest**

Remind your child to be honest. Remember the dangers of having an angry child making up a story about an adult that is not true. There have been times when an angry child has made a false accusation. If your child knows that telling you the truth is extremely important and that you will not react irrationally, then even if something bad happens they will feel comfortable telling you. They will also realize the importance of not making up stories.

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## LIFE'S CHALLENGES

We often find ourselves faced with many challenges that require our energy to overcome. Some of us have problems with our schoolwork. When I was in grade seven, I remember being told that I was a terrible reader. "Scott," my teacher said, "you are reading at a grade four level. What are you going to do about it?" My choices were either to get some extra help, so I could improve my reading or just let it slide. I needed to motivate myself. I decided to get extra help and prove to myself and others that I was capable of improving my reading ability. After six months of help, I was reading at a grade nine level. With the right attitude you can overcome a lot.

There are other challenges that come into our lives that are sudden and have a direct impact on us. Some of us face divorce, death and/or disease. We need to take these monsters and do whatever it takes to beat them. We either beat them or become controlled by them.

I had the pleasure of meeting a young teen by the name of Andrew. He was afflicted with a disease called Alopecia, which made all his hair fall out. He was totally bald. At first he was angry at the world. He did not understand what he did that was so wrong to deserve such a problem. Of course, Andrew didn't do anything wrong. Unfortunately, sometimes bad things happen to good people. Andrew came to a point in his life

where he had to make a decision. This monster was creating many problems for him. Andrew decided to use his anger as a form of energy. He began to inspire people. He came into a Kids 4 Kids program and shared his experience and told the kids why people tease and how to handle difficult situations in positive ways. Andrew made the choice to use his situation to help himself, and in turn to help others.

When we are faced with difficult situations, it is important that we have the right attitude. We need to look at challenges as opportunities to learn and grow and to become better leaders. We can share our experiences with people who may be going through similar challenges. For example, a young man named Steve told me about when his dad died. He ended up sharing his experiences with the other members in the Kids 4 Kids program he was attending. His experiences enabled him to provide some valuable information to other kids who may have similar difficulties.

Many of us fail because we don't try. Remember that strength can come from difficult situations. Walk through the fire so that you can emerge stronger, with experience and knowledge you did not have before.

You may fail many times, but remember that failure may be an opportunity to learn, grow and develop as a leader.

*The man who moves a mountain starts by  
carrying away small stones.*

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## MOTIVATION



Motivation is the desire behind actions taken. To be motivated means to have a strong desire to succeed and accomplish. We can motivate ourselves to pursue our dreams. We can motivate ourselves to accomplish the impossible. But how do we get ourselves motivated and sustain our dreams?

First, we need to define what motivation is. Second, we must be aware of what the de-motivators are in our lives and third, we need to develop an action plan which will resist de-motivators and encourage motivation so we can transform our words into actions.

### **Why do motivated people become de-motivated?**

- Self-esteem issues
- A negative attitude toward self
- A negative attitude toward challenges and life's obstacles

Life's challenges, hardships and obstacles are opportunities that can mold our attitudes and strengthen our motivations. If told something is impossible, the leader will fight the odds to prove that everything has the potential to be used for good and that nothing is impossible.

Motivation requires us to set realistic goals that are achievable and manageable in our lives. Trying to reach goals that are obviously beyond our abilities sets us up for failure which in turn becomes a de-motivator in other tasks and goals. We need to set goals in small increments so we can succeed. As we succeed with each new goal, our experience and learning help us succeed in the next goal or challenge we set for ourselves. Success becomes a motivator to pursue more challenges.

Developing your skills as a leader is a lifelong journey. Use the content of **Heroes of Hope** as a guide for that journey. Never stop striving for the best and use your life to help yourself and others along this most rewarding road.

*The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.*

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## CHRIS FRANCIS

### Illustrator



Chris Francis was born in Brisbane Australia in 1974. He moved to Burlington, Ontario, Canada in 1977 with his Father (Alan), his Mother (Hilary) and his older brother (Tim). In 1984, Chris visited an art gallery in Campbellville that inspired him to create the first of his characters. It was a young boy with a winter hat pulled over his head. In 1988, Chris created a dog as a companion for his boy character and decided to name them after a friend of the family who lived in Bristol, England. His name is Alex Wallis. The boy, therefore, named "Alex" and the dog, "Wallis," came to be.

In 1993, after graduating from Lester B. Pearson High School, Chris went into Classical Animation at Sheridan College in Oakville, Ontario. During those years the characters, Alex and his dog Wallis developed and soon had a new friend added to their family, Daisy, a young "red head" who Alex appears to fancy. In addition he has completed a degree in Sociology at McMaster and a Bachelor of Education at York University.

In 1998, Chris ventured overseas to Europe to work for PGL Adventure Holidays. For two years, Chris worked in England, Scotland, Wales,

Northern France and the sunny south. There he found his second passion, working with kids. When returning to Canada, Chris continued to pursue his talents with art, and in February 2000, a friend of Chris' finally persuaded him to market his artwork. That same year Chris began working for the Halton Board of Education. In the spring of 2001, Chris teamed up with Scott Graham to create a new children's book titled, "The Fantastical Town of Finkle." Chris has since illustrated, "Attack of the Moo Moo Chickens," "Horrible Happenings," books two and three of the Finkle series, and an anti-bullying DVD simply titled: "Moo Moo Chickens." Chris also spent the summer doing art workshops for Scott's camps.

Chris has completed his own children's book titled "Meeting Henry Horkenminder" while illustrating for several other authors. Chris is presently writing his second book and works as an elementary teacher in Halton.

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Think the Impossible...  
Do the Impossible.  
Scott Graham

I hope you have enjoyed the information included in this book. It is information that has been collected over the years as I have run the Kids 4 Kids Leadership Programs and summer camps. My goal is to connect with children and motivate them to pursue their personal best, celebrate their differences and help as many people as they can along the way. I hope you use the strategies in **Heroes of Hope** to help many of the children you meet on your journey.

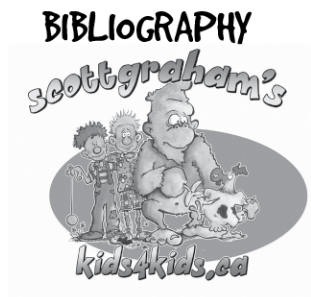
*If you can imagine it, you can achieve it;  
if you can dream it, you can become it.*  
William Arthur Ward

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- University of Waterloo, Social Development courses
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Knowledge comes from many sources, the best source being life experiences. Thank you to all the incredible children who have come through the Kids 4 Kids Leadership Programs and summer camps. You have taught me the importance of focusing on the positive and inspiring others by being resilient, tolerant and forgiving.



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## **Build Your Self a Hero**

Experiences, Thoughts and Initiatives

"Fall in love and stay in love.  
Write only what you love, and love  
what you write. The key word is love.  
You have to get up in the morning and  
write something you love,  
something to live for."  
Ray Bradbury

## **Build Your Self a Hero**

Experiences, Thoughts and Initiatives







**"A BOOK KIDS WANT TO READ!"**

*My son turns to Heroes of Hope every time he runs into a school bully or is in need of a strategy to use to deal with one of his kid issues. I wish this book was around when I was a child. Great job!*

*Mary Reid, Parent*

*Heroes of Hope is a comprehensive resource designed for both young and old. It is a book that steers children through the pitfalls of childhood, empowering them to use every life experience as a tool that will help them develop into a confident, successful leader.*

*Heroes of Hope is a book that every adult working with children should possess. Filled with practical, usable strategies, adults can use Heroes of Hope to teach children ways of dealing with bullying, anger, peer pressure and other childhood challenges with strategies that are practical and that work.*

**"THE NUMBER ONE BOOK ON PARENTS' MUST READ LIST"**

*"In my travels around the world I have had the honour of meeting world leaders like Nelson Mandela, Desmond Tutu and many others. These leaders have vision and are dedicated to teaching the world to live together peacefully and celebrate differences. Scott Graham's Heroes of Hope is a book that has a vision for children of all ages. It pioneers leadership strategies for children steering them through the pitfalls of life encouraging them to live with passion and to inspire others. This book is a must for every child so they too can become a hero of hope.*

*Bilal Rajan, published author, motivational speaker*

**"MAGNIFICENT"**

*"I have a learning disability and didn't think my life would amount to much. After seeing Scott Graham and reading his Heroes of Hope book my opinion has changed. I realize that I too can become a leader. I too can use my learning disability as a gift that will help me help others."*

*Grade 5 Student at Keele Street Public School, Toronto, Ontario*

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