











## Bully Safety Tips

### Teach children the following bully safety rules:

-  Know what's going on around you. Be aware. Awareness starts with external awareness.
-  Learn the importance of body language and how it ties in with your awareness skills. Master Carr teaches this in the W.A.C. Suggested Child Safety Package - DVD Set.
-  Use assertive body language. Look confident. Keep your head up and put on a mean face. Look like a lion in the jungle. Look strong. Stand up straight.
-  Create a "space bubble." Create a space between you and the bully that is at least 3 of your own arm lengths. Take 3 large steps back.
-  If the bully doesn't back away, then use your confident voice to create a verbal boundary. Say, "Back away!" "Back away!"
-  Draw attention so that the bully will go away and that people around you start to look.
-  Learn the ABCs of safety. Be AWARE, create BOUNDARIES, have CONFIDENCE. Use your W.A.C.<sup>®</sup> whistle. Whistle 3 times and yell. Get to a safe place, then tell an adult.
-  Ask the school, PTO, or PTA to sponsor a W.A.C.<sup>®</sup> training workshop and to initiate a community awareness to the problem. See below for ordering information.

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