

New Bully Packets From Advantage Press

Filling the holes in your discipline program

Bully Behavior Improvement Packets provide students who engage in bullying behavior with remediation material that focuses directly on their wrongdoing. These 16 packets cover a variety of behaviors from being bossy to intimidation. As with our other materials, packets help students improve their behavior through self-evaluation and goal-setting exercises. There are approximately 8 pages of text accompanied by questions in each packet. The second set of questions helps to address repeat offenders. Packets are provided on CD Rom for both IBM®-compatible and Macintosh® computers.

Catalog #881

Bullying Volume 1 on CD

1. Being Bossy
2. Coercion
3. Disrespectful of Others
4. Embarrassing Others
5. Excluding Others
6. Extortion
7. Hitting or Kicking
8. Intimidation

Catalog #882

Bullying Volume 2 on CD

1. Threatening Others
2. Name Calling
3. Sexual Harassment
4. Shoving or Pushing
5. Spreading Rumors
6. Taking Another's Property
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BULLYING BEHAVIOR

BEING BOSSY

Packet #1

INSTRUCTIONS

This Packet will help you understand why you have acted like a bully. It will also help you avoid behaving like a bully again. Below are several pages of text and Response Sheets. The text describes why some people become bullies, how their actions affect others, what can happen to them, and what they must do to change their behavior. The text also includes three stories about bullies and their victims. The Response Sheets ask questions about the narrative and the people in the stories. Reading the text and answering the questions will help you understand how you can stop acting like a bully and change for the better. Read the text first and try to remember what you've read. Then read the Response Sheets and write your answers to the questions.


WHAT YOU DID AND HOW IT AFFECTS OTHERS

You are being disciplined because you have engaged in bullying behavior. There are many ways to bully others. You bully people by being bossy. This is a demonstration of your lack of respect toward them. Your actions may arouse strong feelings of resentment and anger on the part of the persons you bully. Also, victims of bullying sometimes join together for mutual defense. They often react either on their own, or through their teacher, the Principal's office, the police department or the courts.

Neither society nor the law will tolerate bullying behavior. The sooner you realize this fact, the better off you will be. Nobody likes a bully. If you continue to act like a bully, you risk being treated like others who bully: you will either become isolated from the rest of society, with more enemies than friends; or you will run up against someone who is not afraid to challenge you. Bullying behavior is risky behavior.

WHY SOME PEOPLE BECOME BOSSY BULLIES

Some people are afraid of others. They fear that others will be smarter or stronger or better-liked or more successful than they are. They make up for this fear by trying to make others afraid of them. One of the ways they do this is by being bossy. They may



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BEING BOSSY

WHAT TO DO

Below are some questions about the text you remember the text, learn why you have acted being a bully in the future.

Because each person's situation is different, swer is simply the truth about what you think write the answers. Take time to think before sponse Sheets may be the first step toward m

Write your answers in the spaces below the qu on the backs of these sheets. Be neat, spell c complete sentences. If you don't understand u who gave you this packet.

When you finish, give the Packet and your I them to you and return to your seat. You will

1. Write a description of what you do that
2. When did you start being bossy?
3. To the best of your ability, explain why

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ter and telling others what to do. Melvin went quickly up through the ranks. He knew how to obey orders, although he could barely stand doing it. But he had none of the new recruits' reluctance to give orders.

For Melvin, giving orders was the whole purpose of being in a chain of command. You fought your way to the top so you could tell everybody below

me an outcast body like an others on an

er. You may have just been playing a joke on somebody and got caught. But you've established a pattern of behavior that is harmful to yourself and to others. You've got to change if you ever expect to do much with your life.

So right now, as much as you might like to race through this packet and walk out—try for a few more minutes to take it seriously, finish reading it, and answer the questions at the end. It's not going to be easy to change your bullying ways, but if you don't start somewhere, sometime, you are never going to change.


With a little work, you can change the way you behave toward others. After reading this packet and thinking about what you've read, you can see why bullying behavior is a wrong choice. You have the determination that it takes to behave in acceptable ways so that people respond to you positively instead of negatively.

STEPS IN THE RIGHT DIRECTION

Think about the following, as a start:

Look back at your life and try to understand why you behave like a bully.

When did you start being bossy? Why did you do it? What made you feel that you had a right to take over and tell others what to do? What makes your opinion



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