

**B-SMART ABOUT BULLIES**

**B-SMART #1:** Act with Awareness, Calm, Respect, and Confidence

People are less likely to bother you and more likely to listen to you if you walk, sit, and act with awareness, calm, respect, and confidence. Projecting a positive, assertive attitude means holding your head high, keeping your back straight, walking briskly, looking around, and having a peaceful face and body. Staying aware also helps you to notice problems so that you can deal with them sooner rather than later.

Tone of voice is also a good way to project confidence and help avoid a bully’s attention.

**B-SMART #2:** Leave in a Powerful, Positive Way

One of the best self-defence tactics is “target avoidance,” which means, “don’t be there.” Simply leaving an unsafe situation is often the wisest and most effective solution for getting away from trouble, better still is to avoid places and situations that may be troublesome.

**B-SMART #3:** Set Boundaries about Disrespectful or Unsafe Behaviour

Being disrespectful is wrong whether it is in person or social media, by texting, online or in any other way. We do not like it happening to us and so we should understand that no one would like us to do it to him or her. Think how you would like to be spoken to and remember that when speaking to others.

Do not accept negative behaviour towards you. If you can, speak up and make it clear that you do not like the negative things directed towards you.

Whether you can deal with it yourself or not, the important thing to remember is that

Ignoring bullying will not make it go away.

Remember, tell a responsible adult. Do not hope that the bullying will go away on its own.

**B-SMART #4:** Use Your Voice

Most young people who are being hurtful to you will not want to be caught doing so by an adult, especially parents or teachers.

If you are confronted by a bully and threatened or hurt, try to bring attention to the situation with a strong and loud

NO! …………..STOP!.........FIRE!

(person’s name) LEAVE ME ALONE! Fire! (Basically, create a scene to create a witness)

**B-SMART #5:** Protect Your Feelings From Name-Calling and Hurtful Behaviour

Make a note of any hurtful remarks on pieces of paper, then screw them up in a calm but determined way and throw them into a bin. For each word or words written down, say the opposite aloud to yourself. For example, if someone says, “I hate you”, say to yourself with a smile, “I like myself”.

**B-SMART #6:** Speak Up for Positive Inclusion

If you feel regularly excluded from games or social meetings, ask politely but clearly to be included. If someone says, you are not good enough to join the game, smile and even laugh a little and say that you will try your best and practice will hopefully make you better.

**B-SMART #7:** Be Persistent in Getting Help from Busy Adults

Telling an adult is not being a ‘grass’ or ‘telling tales’.

Remember, everyone has the right to feel safe. There is no shame in speaking up, in fact it is brave and admirable to do so.

Always be persistent in telling an adult about bullying. If an adult appears to not be listening or interested, or even doesn’t take you seriously, stay calm, use a strong but respectful voice, and insist on being heard. Tell the adult that you are worried or scared; tell them that you need help and that you have the right to feel safe, and helped.

**B-SMART #8:** Use Physical Self-Defence as a Last Resort

Finally, when all these things fail, or if you are at risk of physical danger, you may need to use physical action to keep yourself safe. You have a legal right to do so and as a student of B-SMART martial arts, you will learn the best martial arts and self-defence skills to help yourself to stay safe against violence.

Bing a part of the B-SMART team is a very effective way to learn self-defence and protection.



This is a script you can use to explain your actions if you ever have to use physical force.

Remember, you should only use enough reasonable force to make yourself safe.

This is not a script to use if you have acted outside of the law; i.e you have used unnecessary/unreasonable force.

I am sorry it happened because I do not like fighting. I did everything I could to keep myself safe without violence ; I was scared for my own safety and I only used reasonable force to keep myself safe from assault.

Please contact my parents (mum/dad/guardian) so that I can talk to them because I am still feeling scare

Useful websites:

www.nspcc.org.uk

www.supportline.org.uk

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

www.childline.org.uk

youngminds.org.uk

**Remember,always B-SMART 2 B-SAFE**

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