

*Choosy Suzy's*

**BULLY  
PREVENTION  
SHOW**



**K-8**

**STUDY GUIDE**



*Dear Educators,*

*This pack was created as a study guide for students in grades K-8 preparing to see **Choosy Suzy's Bully Prevention Show**. It is our hope that by utilizing the materials in this pack, your students will arrive at the show excited about making their school safer and ready to make the world a better place!*

*The star of our show, Choosy Suzy, is recognized across the country for her work in conflict resolution, bullying, and peacemaking.*

***Choosy Suzy's Bully Prevention Show** focuses on real bully-proof solutions, sets examples for dealing with bullies, and delivers anti-bullying messages that students will remember. And, Choosy Suzy does it all in a positive, non-threatening way that will make kids laugh while they learn!*

*Choosy Suzy's message centers on boosting self-esteem and good character. Her show is a unique theatre performance that ignites passion in kids to use their "bystander power" to make bullies disappear. Best of all, **Choosy Suzy's Bully Prevention Show** is exciting, fast-paced, and filled with the kind of comedy that kids love! And, it's interactive! During the show, Choosy Suzy will invite audience members onstage to help her deliver important tips for handling bullies in a variety of hilarious ways. Choosy Suzy also uses music to turn bully-proof solutions into hum-able, sing-able, **unforgettable** life lessons.*

*The study guide along with the activity pack includes discussion starters, amazing facts, vocabulary words, quizzes, and a number of fun activities. These activities combined with a visit to the show will motivate your students to discover how making good choices and following the rules for good character can make the world a happier, safer place for everyone.*

*Now, get ready for a fun and informative journey with the champion of good character – Choosy Suzy!*

**See you at the show!**



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## SHOW PURPOSE

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### Choosy Suzy's Bully Prevention Show

#### Emotional and Social Fitness for Kids

You gotta be BULLY-PROOF! So, every child needs to know what to do when confronted by a bully. **Choosy Suzy's Bully Prevention Show** is an inventive, exciting way to make your schools and buses safer, happier places for all students because it teaches students in grades K-8 to deal with bullies in an effective, positive, and safe manner.

Choosy Suzy helps take the fear and uncertainty out of handling bullies by reassuring kids that they aren't alone and it's never their fault if a bully decides to pick on them. Choosy Suzy blends humor, magic, and music with serious, practical solutions for coping with bullies and helps kids discover the secrets for becoming "Bully-Proof!" You can be sure that every tip is backed with research by experts in the field. **Choosy Suzy's Bully Prevention Show has been proven to reduce bullying behaviors by half while doubling confidence, increasing cooperation, and promoting kind words.**

**Choosy Suzy's mission is to expose the many faces of bullying while empowering kids with the confidence and life skills to protect themselves against bullies. By the end of the show kids will understand that we've all been bullied or seen someone bullied at one time or another. We can all help make bullies disappear if we follow the rules for good character:**

• **Trustworthiness** • **Respect** • **Responsibility** • **Fairness** • **Caring** • **Citizenship**

Choosy Suzy teaches kids it's important to remember to "Just Be Nice to Everyone!" By reducing bullying as a major social, emotional, and psychological health problem in schools we will create safe learning environments and diminish suffering from bullying. Our ultimate objective is to empower young people with the tools necessary to make socially responsible decisions and create sustainable change. And, when we eliminate bullying from a student's life, we enable that student to more fully focus on achieving academic success!

#### K-8 Curriculum Connections:

- **Health**
- **Injury Prevention**
- **Listening**
- **Safety**
- **Physical Education**
- **Reading**
- **Speaking**
- **Arts & Humanities**
- **Writing**

Choosy Suzy provides an extensive look into:

- **The Dangers of Bullying**
- **Strategies to Avoid Conflict**
- **Strategies to Manage Conflict**



*"Our character is much more than just what we try to display for others to see, it is who we are even when no one is watching. Good character is doing the right thing because it is right to do what is right."*  
Abraham Lincoln



## TRUSTWORTHINESS



Be honest. Don't lie, cheat or steal.  
Have courage, do what is right even when it is difficult.  
Keep promises and follow through on commitments.



## RESPECT



Be courteous, polite and listen to the view point of others.  
Don't participate in bullying, teasing, name calling or insults.  
Treat others as you want to be treated - follow **THE GOLDEN RULE**.



## RESPONSIBILITY



Be reliable and dependable. Don't make excuses.  
Follow through with what you say you're going to do.  
Use your head . . . think before you act.



## FAIRNESS



Include other, take turns and play by the rules.  
Don't take advantage of others.  
Be open-minded; listen to others.



## CARING

Treat people with kindness.  
Help those in need.  
Never be mean or hurtful.



## CITIZENSHIP



Do your share to make your community better.  
Help take care of the environment.  
Be a good neighbor. Be nice and respectful to everyone.





## What is Bullying?

Making threats  
 Pushing, shoving or tripping  
 Stealing or damaging belongings  
 Hitting, kicking or spitting  
 Teasing and name-calling  
 Spreading gossip or lying about others  
 Sending mean notes or text messages  
 Making fun or using put-downs  
 Leaving others out on purpose

According to a simple questionnaire developed by the Stanford University School of Medicine **9 out of 10 elementary students have been bullied by their peers!**

**According to Allan L. Bean, Ph.D., "bullying is when a person hurts, embarrasses, or frightens another person on purpose over and over again. People who bully like to feel strong. Their goal is to have power over people. People who bully aren't bad people. Their behavior is what's bad. A person can learn to stop acting like a bully."**

Bullies can show up anywhere—even in really wonderful schools, playgrounds, neighborhoods, malls, and just about anywhere people come together. It doesn't matter if you are a boy or girl, young or old, rich or poor, a bully is any person that chooses to treat another person in a hurtful way.

For centuries there have been bullies. So the question is, can we stop kids from becoming bullies? The first step is to understand what a bully is and how not to be one! If you ask kids, most have been bullied at one time or another. Even more kids will tell you they've witness someone else being bullied. Even more surprising, most kids have acted in a manner that they didn't even realize was the behavior of a bully.





## WHY KIDS BULLY

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### DID YOU KNOW?

Over 30% of students admit to bullying classmates. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

*"The common mistake that bullies make is assuming that because someone is nice that he or she is weak. Those traits have nothing to do with each other. In fact, it takes considerable strength and character to be a good person."*

Mary Elizabeth Williams

### Why kids bully?

- To hide their own fears and insecurities.
- To pretend they are tough.
- They copy others who bully.
- They are unhappy.
- They don't like who they are.
- To try to get others to like them.

### Are you a bully?

- Do you like to tease or hurt others?
- Do you use force to get your way?
- Do you always have to be the winner?
- Do you get jealous when others succeed?





## What to do if you are bullied:

**1-BACK OFF BULLY!** — Stand up for yourself by using a strong voice and tell the bully to STOP! Bullying does not stop on its own. You have to tell the person doing it to leave you alone. If you don't feel safe, walk or run away quickly.

**2-GET HELP!** — Don't keep it a secret. Bullies may threaten you to "keep quite or else." Have the courage to speak up and tell a trusted adult.

**3-KEEP YOUR COOL!** — Don't cry, get angry, or show that you're upset (that's the bully's goal). If you can, ignore the bully and walk away.

**4-MAKE GOOD FRIENDS!** — Kids who bully like to be mean to kids who are alone. Bullies are less likely to pick on kids that stick together. There is STRENGTH IN NUMBERS. Back your friends and they'll back you.

**5-ACT CONFIDENT!** — Keep your head up, stand tall and always be aware of your surroundings. Bullies tend to pick on kids that have low self-esteem. The best way to "be" confident is to "act" confident. Once you get the hang of it, you won't be acting, you will become strong and self-confident. (Not to mention your self-esteem will shoot through the roof!)

**6-PUT YOUR NAME ON IT!** — Label your belongings in case they get stolen. Don't bring expensive items or money to school. Bullies are always looking for a reason to intimidate and taunt. Don't give them a reason!

**7-AVOID BULLIES!** — The best way to avoid being picked on is to keep away from bullies when possible. Avoid places where bullying happens. Bullies love the bathroom because there is no adult supervision. It is safer to go to the bathroom in pairs. Find areas on the playground where bullies leave you alone, like next to a teacher. Sit near the bus driver on the school bus.

## What NOT to do to a bully:

**1-DON'T FIGHT BACK!** — The person might try to hurt you worse. Get away from the bully as quickly as possible.

**2-DON'T CALL THE BULLY NAMES!** — This will only make the situation worse. This will enrage the bully who may try to prove that they can hurt you more than you can hurt them.


**3-DON'T CRY AND SHOW WEAKNESS!** — Don't cry, get angry, or show that you're upset, (that's the bully's goal). If you can, ignore the bully and walk away.

Coping with bullying can be difficult, but remember, you are not the problem, the bully is. You have the right to feel safe and secure.



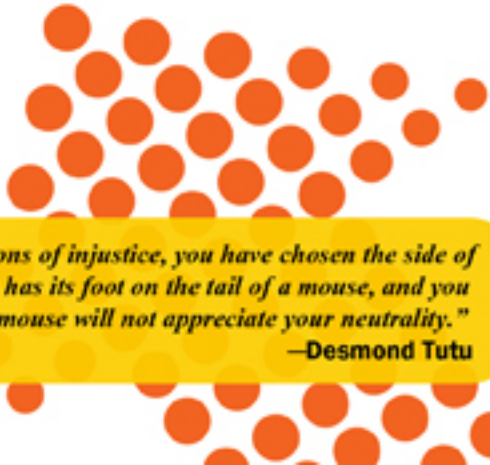
## Be an Active Bystander

Stand up for the person being bullied. If you feel safe, tell the bully to stop. Use phrases such as **"STOP TEASING!"**, **"DON'T FIGHT!"**, **"LEAVE HIM ALONE!"** and **"IT'S NOT FUNNY!"**



Use your **POWER** to let others know that bullying is **NOT OK**. More than one-half the time, bullying stops within 10 seconds of a bystander stepping in to help. You can make a difference!

- 
- **Don't join in or encourage the bully.**
  - **Do your best to calm the situation.**
  - **Offer your support to the bullied kid.**
  - **Include the victim in activities.**
  - **Be a good friend.**
  - **Tell a teacher what's happening.**
  - **Be an active bystander.**
  - **Don't just stand there.**



*"If you are neutral in situations of injustice, you have chosen the side of the oppressor. If an elephant has its foot on the tail of a mouse, and you say that you are neutral, the mouse will not appreciate your neutrality."*

—Desmond Tutu



## 4 WAYS TO RESOLVE CONFLICTS

Fighting and name calling is never a good way to solve a difference of opinion. Show respect and listen to the other person's view. Remember, there are always two sides to every story.

**STOP** Don't let the conflict get worse. The less angry you are, the easier it will be to solve the problem. Remember—attack the problem, not the person.

**SAY** what the conflict is about. What is causing the disagreement? What does each of you want or not want? Treat a person's feelings with respect. No name calling.

**THINK** of positive options. How could you meet each other's needs and be fair? Use your brain not your hands.

**CHOOSE** your words carefully. Look for a solution that is agreeable to both of you. If you still can't agree, ask someone else (an outsider) to help resolve the conflict.

*"Peace is not absence of conflict, it is the ability to handle conflict by peaceful means."*

**Ronald Reagan**





## What is Cyberbullying?

Cyberbullying is deliberate, repeated, and hostile behavior by an individual or group that is intended to harm others by using the internet, digital technologies or mobile phones.

*“Every time you post something online, you have a choice. You can either make it something that adds to the happiness levels in the world—or you can make it something that takes away.”*

—Zoe Sugg

## Be smart and stay safe . . .

- **NEVER** give out personal information such as your name, birthday, home address, school name, or telephone number to ANYONE on the internet. NEVER send a picture of yourself to someone without your parent’s permission.
- **NEVER** send a message to others when you are angry. Wait until you have had time to calm down and think.
- **NEVER** open a message from someone you don’t know. If in doubt ask your parents.
- **DON’T** believe everything you read. It’s always smart to verify the information.

## If you are a victim of Cyberbullying:

- **DON’T** keep this to yourself! Tell an adult you know and trust.
- **DON’T** reply to a message from cyberbullies. No matter how much you want to respond, DON’T. If they can’t upset and control you, they are more likely to leave you alone.
- **DON’T** erase or delete messages from cyberbullies. If you read anything that makes you feel uncomfortable. Save the message as evidence.





## WHAT IS BULLYING?

- Do you know a bully? Why do bullies pick on other kids? How do you think it makes them feel? Do you think bullies are happy all the time or unhappy and don't really like themselves on the inside? Have you ever been bullied or picked on? How did it make you feel?
- Was Bully Monster mean to Choosy Suzy? Give examples of ways it bullied her. Was it funny at first? Did you change your mind and want the Bully Monster to stop being hurtful to Choosy Suzy? Why did Bully Monster decide to stop bullying everyone? What was the valuable lesson Bully Monster learned about being a friend instead of an enemy.
- What are things you can do to make bullies disappear at your school?

## BYSTANDER VS ACTIVE BYSTANDER

- A BYSTANDER is a person who is a witness to someone being bullied, but does not take part. An ACTIVE BYSTANDER is someone who gets involved and helps the victim by telling the bully to stop or by going to get help from an adult.
- It takes a lot of courage to stand up to a bully. What are things you can say to make the bully stop hurting the victim? Have you ever been in a situation when you wish you had stood up for someone? If it ever happens again, what would you do differently?

## MY GOOD CHARACTER

- There are 6 pillars of good character. TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, CITIZENSHIP. Name one that describes you. Give an example.

## PAYING A COMPLIMENT

- Paying someone a compliment is a great way to make friends. What are different ways you can be nice to others? Pay a compliment to your best friend, your teacher, or another classmate (that is not your BFF). How did it make you feel? How do you think it made them feel?

## BULLY FREE SCHOOL

- What is one thing you can do to make your school awesome and BULLY-PROOF? How about a way to make the world a better place?

**Suzy  
says:**

**"Words have great power so use them wisely and just be nice to everyone!"**



*“Good character is not formed in a week or a month. It is created little by little, day by day. Protracted and patient effort is needed to develop good character.”*

**Heraclitus**

### **Bully Proof**

by Chris Leigh Smith

*Published 2016 by Friesen Press*

### **Juice Box Bully**

by Bob Sornson

*Published 2010 by Ferne Press*

### **Stand Up for Yourself and Your Friends**

by Patti Keley

*Published 2009 by American Girl Publishing*

### **Bully B.E.A.N.S.**

by Julia Cook

*Published 2009 by National Center for Youth Issues*

### **Lucy and the Bully**

by Claire Alexander

*Published 2008 by Albert Whitman & Company*

### **The Crayon Box That Talked**

by Shane Derolf and Michael Letzig

*Published 1997 by Random House*

**GoodCharacter.com**

**EyesOnBullying.org**

**CyberBullying.org**

**StopBullying.gov**

### **The Bully Blockers: Stand Up for Classmates with Autism**

by Celeste Shally

*Published 2009 by Awaken Specialty Press*

### **RESPECT: A Girl's Guide to Getting Respect and Dealing When Your Line Is Crossed**

by Courtney Macavinta and Andrea Vander Pluym

*Published 2005 by Free Spirit Publishing*

### **How to Make Good Choices Booklet — Teach children how to make their OWN good choices in life. Character Building. Morales.**

by Happy House

*Published 2016 by Happy House*

### **How to Make and Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges**

by Nadine Briggs and Donna Shea

*Published 2011 by CreateSpace Independent Publishing Platform*

### **Character Building Day by Day**

by Anne D. Mather and Louise B. Weldon

*Published 2006 by Free Spirit Publishing*

**PacerKidsAgainstBullying.org**

**Pacer.org/bullying**

**StompOutBullying.org**

**GoodChoicesProgram.org**



# VOCABULARY

GRADE  
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**Good Character** - A person who lives according to the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and good citizenship. Having good sense of right and wrong. Acting appropriately in all situations.

**Trustworthiness** - Be honest, don't lie, cheat or steal. Have courage, do what is right even when it is difficult. Keep promises and follow through on commitments.

**Respect** - Be courteous, polite and listen to others. Don't bully or insult people. Treat others as you want to be treated - follow "The Golden Rule."

**Responsibility** - Be reliable and dependable. Don't make excuses. Use your head . . . think before you act.

**Fairness** - Take turns and play by the rules. Don't take advantage of others. Be open-minded; listen to others.

**Caring** - Treat people with kindness. Help those in need. Never be mean or hurtful.

**Citizenship** - Do your share to make your community better. Help take care of the environment. Be a good neighbor.

**Bullying** - The activity of repeated, aggressive behavior intended to hurt another individual, physically, mentally or emotionally.

**Victim** - Someone who suffers from the malicious actions of a bully.

**Bystander** - A witness of the act of bullying. They are present, but not involved.

**Active Bystander** - This person is a witness to the act of bullying, but chooses to help the victim by telling the bully to stop or by getting help from an adult.

**Exclude** - To prevent someone from doing something or being a part of a group on purpose.

**Tease** - To make fun of or attempt to provoke another person in a mean or hurtful way.

**Gossip / Rumor** - A story or statement with no confirmation of truth being shared from one person to another as fact.

**Cyber Bullying** - When the Internet, cell phones or other devices are used to send or post text or images intended to hurt or embarrass another person.

**Conflict** - A disagreement between people with opposing opinions or principles.

**Opinion** - A view or judgment formed about something, not necessarily based on fact or knowledge.

**Apologize** - A statement saying that you are sorry about something you regret having done or said.

**Empathy** - The ability to relate to how another person is feeling.

**Self-Confidence** - A feeling of trust in one's abilities, qualities and judgment.

**Self-Esteem** - Confidence in one's own worth or abilities; self-respect.

**Potential** - Qualities or abilities that may be developed and lead to future success or usefulness.

**Choice** - Choosing between two or more possibilities: the choice between good and bad.