

## No Bullies

Bullying starts in preschool, seems to peak during the middle school years, and declines during high school. Except for hazing, we don't hear much about bullying in colleges and universities. We do hear about abusive spouses and workplace bullies, however, which underscores the fact that bullying is a learned behavior that must be unlearned. Bullies don't just grow up and out of it. They must be taught better ways of relating to others.



To complete the **No Bullies** training:

1. Read this article from Kids Health on helping children deal with bullies.  
<http://kidshealth.org/parent/emotions/behavior/bullies.html>
2. Select the appropriate document for your grade level. These documents, created by Girl Scouts of Crowley's Ridge Council, present a series of activities to use with your troop. The activities will help girls develop and use tactics to recognize and stop bullying.
  - [No Bullies for Girl Scout Daisies](#)
  - [No Bullies for Girl Scout Brownies](#)
  - [No Bullies for Girl Scout Juniors](#)
  - [No Bullies for Girl Scouts 11-17](#)
3. With your troop, complete the activities in the above document.
4. To receive credit for completing the training send an evaluation of the activities and what the girls learned to [tramsey@girlscoutsp2p.org](mailto:tramsey@girlscoutsp2p.org). List the names of the adults who completed steps 1-4.

*(Girl Scouts-Diamonds of Arkansas, Oklahoma and Texas Council awards patches for program completion. The order form is included in the document you downloaded. If you'd like patches for your girls, please follow the directions to order them from GSDAOT.)*

*Also check out these websites for your girls. They're designed for kids with games, animation, "ask us," and certificates*

[http://www.pacerkidsagainstabullying.org/?qclid=COyVp52G\\_ZkCFQJHxwodATuRGA](http://www.pacerkidsagainstabullying.org/?qclid=COyVp52G_ZkCFQJHxwodATuRGA)

For teens: [http://kidshealth.org/teen/your\\_mind/problems/bullies.html](http://kidshealth.org/teen/your_mind/problems/bullies.html)