

**Bullies Be Gone! Project Poetry  
Anti-Bullying Training Manual  
for  
Teachers**

*By Al Johnson*

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## **Bullies Be Gone! Project Anti-Bullying Training for Teachers**

### **Al Johnson's Original Poetry**

With this training, teachers will be able to teach the Bullies Be Gone! Project Anti-Bullying Poetry Training directly to children and teens in the classroom setting year-round. Children and Teens will have the Bullies Be Gone! Project main poetry book and training workbook during instruction. (Optional)

Objective of the Bullies Be Gone! Project:

#### ***Self-Empowerment Training for Children and Teens That Prevents and Protects Against Bullying***

This Training is applicable for teachers of 4<sup>th</sup>-12<sup>th</sup> grades. There are 6 Poetry Groups in this training of Vital Importance to children, teens, and adults.

#### **They are:**

- Anti-Bullying Self-Empowerment Poems & Training
- Anti-Cyberspace Bullying Poems & Training
- Anti-Bullying Poems for Bullies and 'Wanna' Be Bullies & Training
- Anti-Bullying Poems for All Children & Bullies (4<sup>th</sup> -12<sup>th</sup> grades) & Training
- Anti-Bullying Poems for Children & Adults & Training
- Anti-Bullying Transforming Poems for Bullies & Training

All 6 Groups & Poems Follow

Words, Phrases, and Stanzas in **Blue Print** are to Induce Vocabulary Building, Critical Thinking, Critical Discussion, Creativity, Writing Skills, and an in depth understanding of the Theme and Main Idea each poem conveys. Often, the entire poem is in **Blue Print** because of its all-encompassing importance in Eliminating and Preventing Bullying.

Teachers should keep in mind the importance of *Words* and how they have a Devastating Negative Impact on kids, teens, and adults who become victims of Bullying:

*Words Can Harm, Hurt, Deflate, and Even Kill!*

*Words Can Build Self-Confidence, Empower, Inspire, and Heal!*

The Words in Bullies Be Gone! Project Poetry are to create a Mindset in Children and Adults for the Latter. (Psycho Neurological Training, which entails attention, problem solving, memory, language, and social-emotional functioning, leading to Behavior in children, teens, and adults)

**NOTE:** Before the actual teacher training, upcoming participants in the class should study each poem and become familiar with the Theme and Main Idea of the poem. Follow the guidelines as mentioned in this piece as to the objective of the Bullies Be Gone! Project and objective of each poem.

As aspiring teachers, I look forward to teaching you the skills and techniques of my Bullies Be Gone! Project Poetry. You will learn how my poetry can be used to effectively Eliminate and Prevent Bullying and how you can apply these skills in your classroom.

Ninety five percent of all children and teens, no matter their place of residence DO NOT possess the Vital Life Anti-Bullying Skills my Bullies Be Gone! Project imparts. It is my intent and passion, as the creator, to reverse this disturbing trend. With your help, knowledge, and expertise as aspiring teachers, this objective can more readily become a reality. Thank you!

## **Bullies Be Gone! Project Poems for Teacher Training**

### **(How to Teach Anti-Bullying Skills & Words with Poetry)**

#### **Group 1 Poems – Self-Empowerment**

Awareness (Self-Empowerment Anti-Bullying Poem)

I'm Not Going to be Afraid Anymore (Self-Empowerment Anti-Bullying Poem)

No Longer Will You Bully Me (Self-Empowerment Anti-Bullying Poem)

I'm As Self-Confident As Can Be (Self-Empowerment Anti-Bullying Poem)

My Mental Toughness (Self-Empowerment Anti-Bullying Poem)  
I Will Not Be Your Victim Anymore (Self-Empowerment Anti-Bullying Poem)  
Body Language (Self-Empowerment Anti-Bullying Poem)  
Do The Unexpected (Self-Empowerment Anti-Bullying Poem)  
My Difference Is My Strength (Self-Empowerment Anti-Bullying Poem)  
Your Nasty Words Cannot Hurt Me (Self-Empowerment Anti-Bullying Poem)  
You Must Solve Your Bullying Problem (Self-Empowerment Anti-Bullying Poem)  
Being Street Smart (Self-Empowerment Anti-Bullying Poem)  
Hitting “The Light Switch” (Self-Empowerment Anti-Bullying Poem)  
Relax, React, Respond (Self-Empowerment Anti-Bullying Poem)  
Now I Can Laugh, Joke, and Have Fun Again (Self-Empowerment Anti-Bullying Poem)  
Confuse The Bully (Self-Empowerment Anti-Bullying Poem)

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## **Group 2 Poems – Anti-Cyberspace Poems**

Social Skills Too (Anti-Cyberspace Bullying Poems)  
Social Network Caution (Anti-Cyberspace Bullying Poems)  
Rumors On Line (Anti-Cyberspace Bullying Poems)  
You Hide in Front of a Computer (Anti-Cyberspace Bullying Poems)  
The Stranger On The Internet (Anti-Cyberspace Bullying Poems)

- There are Poems in other groups that can be directly applied to Anti-Cyberspace Bullying (They will be highlighted in the training)

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### **Group 3 Poems – Messages to Bullies & ‘Wanna’ Be Bullies**

Who Bullied You? (Poem for Bullies and ‘Wanna’ Be Bullies)

One Time (Poem for Bullies and ‘Wanna’ Be Bullies)

Somewhere Inside You (Poem for Bullies and ‘Wanna’ Be Bullies)

What Is Going On Inside Your Head? (Poem for Bullies and ‘Wanna’ Be Bullies)

Make This Day The Last (Poem for Bullies and ‘Wanna’ Be Bullies)

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### **Group 4 Poems – Messages For Children, Teens & Bullies**

Do Bullies Ever Cry? (Poetic Message to all Children & Bullies)

Mental Weakness (Poetic Message to all Children & Bullies)

Isolated and Alone (Poetic Message to all Children & Bullies)

I Once Bullied Too (Poetic Message to Bullies, all Children & Adults)

What Path In Life Are You On? (Poetic Message to all Children & Bullies)

Never Argue With A Bully (Poetic Message to Children Being Bullied or  
Fearful of it)

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## **Group 5 Poems – Messages for Children, Teens & Adults**

I Feel Sorry for Bullies (Poetic Message for Children & Adults)

Bullying Must Not Be Taken Lightly (Poetic Message for Children & Adults)

Bullies Are Without Self-Confidence (Poetic Message for Children & Adults)

Have You Ever Thought About Being A Bully? (Poetic Message for Children & Adults)

A Bully's Negative Impact (Poetic Message for Children & Adults)

Take A Long Look In The Mirror (Introspection Message for Children & Adults)

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## **Group 6 Poems – Transforming Messages for Bullies**

You're The Weak One (Transforming Message for Bullies)

Hateful Words (Transforming Message for Bullies)

You Weren't Born A Bully (Transforming Message for Bullies)

I Strongly Suggest You Stop Bullying (Transforming Message for Bullies)

How Many Times? (Transforming Message for Bullies)

It's Never Too Late to Change (Transforming Message for Bullies)

Do You Really Enjoy Being Mean? (Transforming Message for Bullies)

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BEGINNING OF SELF-EMPOWERMENT POEMS

# Awareness



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## AWARENESS

A kid's best chance of not being bullied is to be keenly aware of bullies long before it's too late.

Kids must know subtle signs a bully might reveal and what those signs could indicate.

Too often today, a kid's attention is constantly focused on I-pads, cell phones, and any other electronic device.

Kids are not nearly as focused on their environment, people in it, or potential trouble that could be lurking in plain sight.

Bullies count on kids being unaware. This makes it easy for a kid to be caught off guard.

Being caught off guard, surprised, and confused makes a kid's chances of avoiding and defeating the bully very hard.

The only good thing about bullies is that they're easily recognized, if a kid knows what to look for. Bullies and potential ones tend to have similar traits.

They call kids names, push, and shove, they want things their way. They seldom smile and, when patience is needed, the bully has none. Bullies are ill equipped to patiently wait.

There are other unpleasant signs a bully has; the ones mentioned are just an important few.

Kids, please learn to recognize them, you'll be more aware and have a much better chance of avoiding the bully if you do.

Kids, stay alert, stay aware, and stay away from the bully. It is what you must learn how to effectively do.

By sharpening your awareness skills, the outcome will be bad for the bully and very good for you.

**Al Johnson**



# I'm Not Going To Be Afraid Anymore



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## I'M NOT GOING TO BE AFRAID ANYMORE

I'm not going to be afraid anymore of you and your bullying ways.

You've been bullying me over and over again, day after miserable day.

You call me names, sometimes push and shove, say bad things to me, and spread rumors about me to other kids.

I told my parents, the teachers, and principal too. You always lie and say bullying is not something you do or ever did.

So, it's obvious to me that I must solve my own bullying problem by taking a stronger stand.

I'm not going to be afraid of you anymore, this I hope you clearly understand.

Short of having to fight you, unless you provoke me, you will no longer bully me.

Can you hear the strength, sincerity, and passion in my voice? I'm not going to be afraid of you anymore. It would be a very wise thing for you to immediately take heed.

**Al Johnson**

# No Longer Will You Bully Me



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## NO LONGER WILL YOU BULLY ME

The days of you bullying me are over as of this precise moment in time.

Yes, I mean it! I will back up my words in any peaceful way if I have to, for you to get the message. I will no longer be yanked from your bullying-victim-line.

No longer will you bully me at school, in the neighborhood, or on the internet.

I have empowered myself with self-confidence and pride like never before. Weaknesses I had that you took advantage of are gone for good. Yep, my mindset has changed just like that.

No longer will you bully me!

If you try, an unpleasant surprise you will quickly see.

I told you when you first started bullying me, I didn't want any trouble. But you didn't stop. And I was first unable to muster up the self-confidence to make you stop, like I could.

Now if you continue to try to bully me, you'll see a side of me you've never seen before. I promise, for you, the outcome won't be very good.

I hope you take my words to heart and end your bullying ways as fast as can be.

I can't speak for other kids you might be bullying, but no longer will you bully me!

Al Johnson

# I'm As Self-Confident As Can Be



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

**I'M AS SELF-CONFIDENT AS CAN BE**

For a while, I let the bully steal my self-confidence away from me, or maybe it was never there.

The bully caused me to hang my head and question my inner strength. Sometimes I just sat around feeling lousy, with a blank stare.

Bullies have a way of making you feel much smaller and weaker than you really are.

However, kids, your powerful self-confidence can destroy the bully by you discovering who you really are.

Bullies want to keep a kid weak, with a confused mind,

That way the bully can take advantage of a kid, time after time.

Lucky for me, I found my self-confidence. It was anxious to surface. I just hadn't found it yet, even though it was always there.

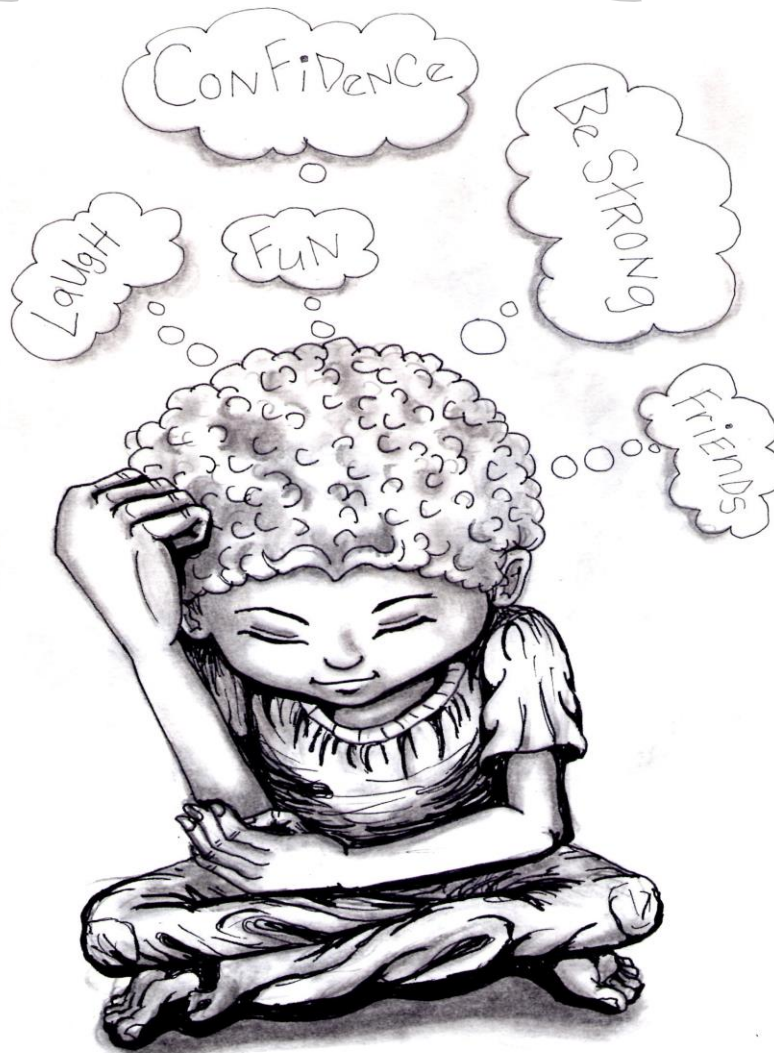
Powerful self-confidence is in all kids, that includes you. It sometimes gets lost along the way; kids need to just find out where.

Here's to your new self-confidence that you will soon find. With it, you will surely defeat the bully.

I once was a victim of the bully too, but not anymore. I'm as self-confident as can be.

Al Johnson

# **My Mental Toughness**



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## MY MENTAL TOUGHNESS

My mental toughness wasn't anywhere to be found when you started bullying me.

I didn't think much of myself; your bullying made me feel small and weak.

I spent a lot of time being angry and crying. I didn't laugh like before, not very much at all.

You were winning, and what little pride I had left was sinking fast. I felt like banging my head against the wall.

Then my parents told me that bullies might sometimes be physically strong, but mentally they're very weak.

They told me to develop my mental toughness, by doing so, the bully I could easily defeat.

So, I began thinking I was strong, in body and mind.

And you know what? The more I thought about being mentally tough, the more confidence I seemed to find.

Mental toughness is a powerful tool that all kids should develop, have, and use.

If bullies happen to enter your space, the bully will sense your mental toughness. Bullies will immediately know, trying to bully you, will result in a situation where he/she will surely lose.

Al Johnson



**I WILL NOT BE YOUR VICTIM ANYMORE**



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## I WILL NOT BE YOUR VICTIM ANYMORE

I will not be your victim anymore, you've gone too far. I've had enough.

You've bullied me, made me cry, and made me sad and mad, too. You enjoy bullying and stuff.

Suddenly, when I woke up this morning, I decided I would not be your victim anymore.

I was surprised how strong I felt just saying those words to myself over and over again as I walked out my front door.

"I will not be your victim anymore" are words that have a lot of power if kids who are being bullied truly believe.

If kids repeat, "I will not be your victim anymore," it could give a kid the determination to stop the bullying they need.

Those words sure gave me strength and confidence; they could do the same for you.

No kid deserves to ever be bullied. If you're a kid and you're being bullied, here's what I suggest you do:

Make a decision that you're no longer going to be bullied like before.

Say these words over and over again to yourself, then say them to the bully with conviction, when you feel strong and confident: "I will not be your victim anymore!"

**Al Johnson**

# Body Language



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## **BODY LANGUAGE**

**Kids, your body language says a lot about you.**

**It tells the world if you have confidence or not in almost everything you do.**

**If your shoulders are drooping and you appear to always be looking at the ground,**

**A bully will surely see your poor body language, and quickly decide you're the perfect kid  
for a bully to hound.**

**Kids, you must stand tall, walk with your chin up and shoulders back. You will be telling  
the world you're a kid that is alert and aware.**

**The bully will take one long look at you and conclude you're not a kid to be picked on at all.  
The best choice for the bully will be to go elsewhere.**

**Be proud of who you are each and every day and display it from head to toe.**

**Your good body language will be a powerful tool for you to use. It may be all you need to  
prevent the bully from coming anywhere close.**

**Al Johnson**

# Do the Unexpected



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## **DO THE UNEXPECTED**

**Bullies are used to their victims acting in a particular way.**

**Therefore, a bully can easily take advantage of a kid that reacts the same way, day after day.**

**If kids learn to do the unexpected when a bully gets in their space,**

**It could create confusion in the bully's mind and put the bully in an unwanted and uncomfortable place.**

**The bully expects kids to be afraid of them all the time.**

**Kids do the unexpected, though it may be hard at first. Show no visible fear, show confidence just by your powerful body language and the look in your eyes.**

**Bullies usually speak to their victims in a commanding voice.**

**Kids do the unexpected, your voice can be just as commanding, if not more so. Be serious about what you say to the bully. It's your best choice.**

**A bully may put his/her unwanted hands on you.**

**Kids do the unexpected, the bully's uninvited hands must be quickly removed.**

**Kids, you can ask the bully to remove their hands in your commanding voice.**

**If he/she doesn't, you must physically take them away, then leave the scene quickly, fighting the bully should never be your first choice.**

**To do the unexpected could be anything you do out of the ordinary using your look, voice, body, or mind.**

**By doing the unexpected, a kid could eliminate a bullying problem for the very last time.**

**Al Johnson**

# My Difference Is My Strength



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## MY DIFFERENCE IS MY STRENGTH

The difference in the way I look, walk, talk, or what I prefer in life is not my weakness. Because of your misguided and intolerant beliefs, you need to know, my difference is my strength.

I'm not ashamed of who I am. No matter how many nasty things you say about me, my head will be held very high. My difference is my strength.

Unfortunately, you have to live with your ignorance and hate. Unless you change, you'll carry that heavy burden for the rest of your miserable life.

That heavy load will eventually wear you down. You'll be stuck in quicksand, slowly sinking, as time rapidly passes you by.

You'll never be the good and kindhearted person you could have been. You'll never experience the brilliance of humankind.

My difference is my strength. I'm happy with and proud of who I am. My strength lies in my heart and mind.

Your needless criticism of me and others too, for no viable reason, shows how shallow a person you really are.

My difference is my strength. Do you even have the slightest clue that your nasty tone unnecessarily, goes way too far?

My difference is my strength. Your weakness lies in the disrespectful things you say and do.

My difference is my strength. However, you're not a lost cause. I truly believe there's still a sliver of hope for positive change, longing to come out, somewhere deep inside you!

If somehow, you haven't clearly understood the powerful message to you I've sent.

Emphatically, I say to you again, my difference is my strength!  
**MY DIFFERENCE IS MY STRENGTH!!**

**Al Johnson**



# Your Nasty Words Cannot Hurt Me



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## YOUR NASTY WORDS CANNOT HURT ME

You hoped the nasty words you said to me would hurt me so much that like a turtle, I would go into a permanent shell.

My parents told me not to give a bully that kind of satisfaction. From all the nasty words you said, guess what? I'm not feeling bad at all. In fact, I'm doing quite well.

Yes, your nasty words hurt me at first, just as you wanted them to.

I'm lucky to have parents, responsible adults, and even other kids, who showed me how to handle bullies like you.

I don't care the least bit what you do anymore. I really don't care what you say.

Your nasty words cannot hurt me again. You tried putting me down, but with self-determination and help from others, I've been lifted up in every way.

I see you as a small-minded bully, with no positive direction.

I also see you as a kid who could be nice and kind to others, if you decide to change your intentions.

Just in case you refuse to change and continue with your bullying ways, declaring that's just how it's going to be,

I'm going to do all I can to spread my knowledge to as many kids as I can. Then the next kid you try to bully, hopefully, will confidently say to you, "Your nasty words cannot hurt me."

**Al Johnson**

# You Must Solve Your Bullying Problem



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## YOU MUST SOLVE YOUR BULLY PROBLEM

As a kid, you must eventually solve your bullying problem for it to permanently go away.

If you're being bullied, you must tell your parents, teachers, or any other responsible adults.  
However, the bullying may continue in the very same way.

You might be thinking, if adults can't solve my bully problem, who can?

The chances are no adult is around when you're being bullied. You're on an island with just you and the bully. You must learn to take a strong stand.

It may not be an easy task to solve your bully problem alone, but if you're taught how, it can and will be done.

The bully will see a stronger and more confident you and wonder where your new self-empowering attitude came from.

You must solve your bully problem and you can do it. There are certain skills you need to be shown.

These special skills you must learn and hone.

You'll maintain these skills for the rest of your life.

Then, no matter what age you are, when a bully sees your special skills, he/she will leave you alone and rapidly take flight.

Al Johnson

# Being Street-Smart



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## BEING STREET-SMART

You may be asking yourself, "What does being street-smart mean and what does that have to do with me?"

Almost all kids are sheltered and protected by their parents or other responsible adults, in early childhood, and that's how it should be.

When a bully hassles' another kid, that kid is no longer under the protective umbrella of parents or responsible adults. The kid is left to fend for himself/herself, all too often, eventually in the mean streets.

If a kid is not street-smart, and most are not, the bully has the advantage. The bully is then tough to defeat.

Being street-smart is being confident, alert, aware, and having the ability to create confusion and doubt in the bully's mind.

This is not easy to do when a kid has been sheltered all the time.

Being street-smart is knowing words to say, when and how to say them, and specific actions to take, when a bully has decided he/she wants to bully you.

Being street-smart is knowing how to do exactly what a bully doesn't expect you to do.

Bullies carefully avoid street-smart kids, so make sure the bully quickly knows to stay away from you.

Street-smart kids create on the fly, as quick as can be.

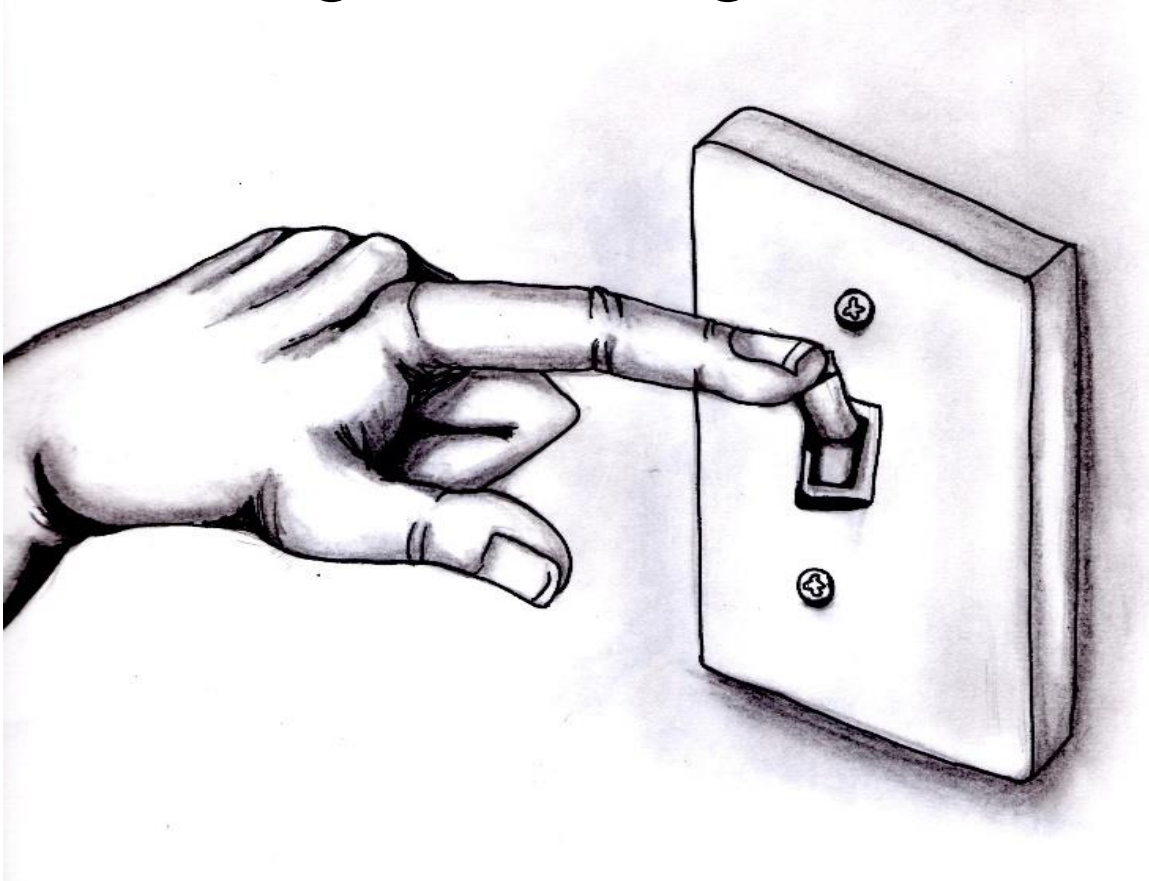
A street-smart kid's antennae are sharply tuned for any negative possibility.

Street-smart kids quickly reverse the situation in their favor. Yes, a kid has to be trained to be street-smart by someone who knows and understands the streets.

It may or may not be the parents who do the training; however, what a kid wants to avoid is for the street-smart training to come from the bully.

Al Johnson

# Hitting "The Light Switch"



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## HITTING "THE LIGHT SWITCH"

In this poem, kids, you will learn how hitting "the light switch" could help you in a big way get rid of a bully.

Kids, "the light switch" is in your mind, a place where a bully cannot see.

You should only practice this drill at home, which is the correct thing to do.

Get your parents involved, so they can learn with you.

Go over to the light switch in your house; place your index finger on it so you can control it by flicking it back and forth or up and down.

Now, look directly at the lights you are about to make go on and off, those lights in the ceiling or at eye level. While hitting the light switch, concentrate on the lights, don't look all around.

Keep your eyes glued to the lights as you begin to flick them on and off. Do this very quickly about five or six times.

My question to you is, "How long did it take for the lights to go on and off?" Remember hitting "the light switch" is all about your mind.

Did the lights go on and off in a matter of seconds, is that what you would say?

You would be correct if you said in no more than a second or two, you would be correct in every way.

As a kid, you might be asking what does this have to do with a bully? How does this help me?

Well, I will explain further, soon you will see.



**If a bully ever comes around wanting to hassle you, immediately hit “the light switch” in your mind.**

**You must do it, when necessary, every single time.**

**Just as quickly as you saw the lights go on and off, you must do the following three things with ease:**

**Relax, React, Respond as fast as the lights went on and off. The complete necessity of this drill you will soon see.**

**You will be taught the Three R’s and how to apply them in the next poem, so you can perform under a bully’s pressure, and hopefully, **perform without a glitch.****

**What I want kids to learn from this poem and the one that follows is if a bully threatens them, they must immediately know how to effectively hit “the light switch.”**

**Al Johnson**

# Relax, React, Respond



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## RELAX, REACT, RESPOND

Okay kids, in the poem before this one you learned about hitting “the light switch” in your mind to help you defeat the bully, if you ever have to.

I introduced the Three R’s, now you’re going to learn what they mean and how to put them to good use.

*Relax* is the first thing you must do if the bully gets in your face. “So, how do I relax,” you might say?

Take a quick, quiet, deep breath, inhale and suck the air in through your nose, exhale, quietly blow the air out through your mouth quickly. Do it two or three times.

Imagine you are pinching a balloon that you just blew air into between your thumb and index finger to keep the air inside.

As soon as you take your finger and thumb away, the air rushes out, the balloon goes limp and becomes very relaxed.

By relaxing quickly in a bad situation, especially with a bully, your muscles don’t become tense and your mind remains clear, now you can better *React*.

*React* is to immediately decide how you’re going to allow yourself to feel about this unwanted bully situation. Proper relaxation should help you take control.

You will either feel scared, excited, very aware or unaware of your surroundings, confident or not, and ready or not ready to immediately take control.

You will react in pretty much one of these ways.

Now you must decide how you’re going to *Respond*. Your goal is to cause the bully to have a very bad day.

Here are ways you can *Respond*: walk away from the bully as fast as you can, it may or may not be the best solution, the bully may follow you.

Run away from the bully as fast as you can, with your purpose being to find a responsible adult to help you.

However, unless you've been taught "emergency running skills," this may or may not be a wise thing for you to do.

**The bully could possibly chase and catch you.**

If you have the confidence, you can try to talk your way out of the situation. If you choose this response, you must look the bully straight in the eyes.

If the bully is demanding you give him/her something of yours, you can choose to do so or not. If the bully has a weapon, give him/her what they want, you must quickly comply.

**If the bully has no weapon and he/she decide to get physical with you,**

Your last response, because you have no other choice, is to get physical, too.

However, to fend off a bully physically may require certain self-defense skills, especially ones where no punches are thrown by you, but the bully is put under your mental or physical control.

You will need specific training to learn these skills, so your reaction can be brave and bold.

Relax, React, Respond in a bully or emergency situation must be done by you just as fast as the lights went on and off when you were "hitting the light switch."

You need special training and practice to Relax, React, and Respond in an uncomfortable situation, in order to do so, hopefully, without a glitch.

**Al Johnson**

# Now I Can Laugh, Joke, And Have Fun Again



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

**NOW I CAN LAUGH, JOKE, AND HAVE FUN AGAIN**

Because of being bullied, for a while I stopped laughing and having fun with my friends.

I didn't feel very good about myself. My self-confidence wore very thin.

It was hard for me to look the bully in the eye.

I began feeling sadder and sadder as each day passed by.

I'd wake up at night thinking about my bully problem. It was not easy for me to get back to sleep.

I was at a loss; I didn't know what to do or who to talk to. I was in desperate need.

My parents and teachers saw the unhealthy change in me, so they pulled me aside.

At first, I did not want to tell them about being bullied, but they convinced me that bullying is serious and not something to hide.

The more we talked, the better I felt. They told me things to do that made me feel stronger. I quickly began to believe my bullying problem would soon end.

Guess what! Now I can laugh, joke, and have fun again.

**Al Johnson**

# Confuse The Bully



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## CONFUSE THE BULLY

Confuse the bully in any way you can, if a bully gets in your face.

Confusion is a tremendous weapon for a kid to use against a bully. It will always make a bully feel out of place.

Bullies expect everything to go their way, that's why they keep bullying. It's the way it has always been.

Confusion changes everything. If a kid knows ways to confuse the bully, what a powerful message confusion will send.

Confuse the bully with unusual words or actions, anything unexpected and out of the norm.

By you successfully confusing the bully, you just may prevent any of the bully's mental or physical harm.

Role-playing confusing techniques against a bully are necessary skills for kids to know and learn how to use.

A wonderful thing to happen to a targeted kid for bullying is to quickly make a bully become disjointed and confused.

All kids must absolutely believe,

It's in their best interest to know how to confuse the bully with the greatest of ease.

Al Johnson

**END OF SELF-EMPOWERMENT POEMS**



# Social Skills Too



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## SOCIAL SKILLS TOO

Kids primarily learn academic skills in school.

However, we must teach kids social skills, too.

**Kids learn lots of social skills from caring and loving parents as they grow.**

Kids need to build on social skills taught in the home. There are real world social skills, too, kids must know.

When a kid decides to bully other kids, it is obvious that kid lacks social skills.

Even if kids aren't bullies, but use profanity and foul language a lot, as so many kids do, they are lacking social skills.

If a kid is disrespectful to parents, teachers, and other adults, they lack social skills.

It's apparent a kid would not become a bully if he/she had proper social skills.

Learning math, English, reading, writing, and science are all important vital subjects that kids must learn and do.

However, it is just as important and vital for kids to be taught, and they acquire proper social skills, too.

**Al Johnson**

# Social Network Caution



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## SOCIAL NETWORK CAUTION

Social networks on the internet are popular with kids, especially teens.

Parents should put a block on anything their kids could come in contact with on line that should not be heard or seen.

Kids you may not like the block, but it's being done because your parents want to protect you.

If you find a way around the block and get access to social networks, be responsible; avoid doing anything on line your parents have instructed you not to do.

You will be showing respect for your parents, yourself, and tremendous restraint, strength, and wisdom because you may have been tempted to.

For teens especially, if you are allowed to go on social networks, heed your parents' instructions. There are always people on line looking to take advantage of a kid or teen like you.

Do not hold conversations in "chat rooms" with anyone you initially meet on line. To do so is one of the most dangerous things you can do.

If anyone on line offers to meet you in person, without any thought or hesitation; telling your parents immediately is what you must do!

Many kids have been taken advantage of by people they've met on line.

Always use social network caution skills when you are on line. If you do so, you will be a kid or teen that will successfully make it through your youthful years safe from harm, and absolutely just fine.

**Al Johnson**

# Rumors Online



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## RUMORS ON LINE

The rumors on line about me, coming from you, are lies and you know it.

Are you spreading rumors because you're really jealous of me and this is how you've chosen to show it?

Come on, is spreading vicious, stupid rumors the best you can do?

You are trying to destroy me, but the truth is, in the end, your lies are going to destroy you.

If your intent was to make me feel bad about myself, with rumors spreading all over the internet,

Congratulations, you initially succeeded, but I refuse to go into a shell-of-shame because of you. I now declare your rumors meaningless at best.

You see, my parents and others that care about me have helped me find my inner strength that was stuck in quicksand.

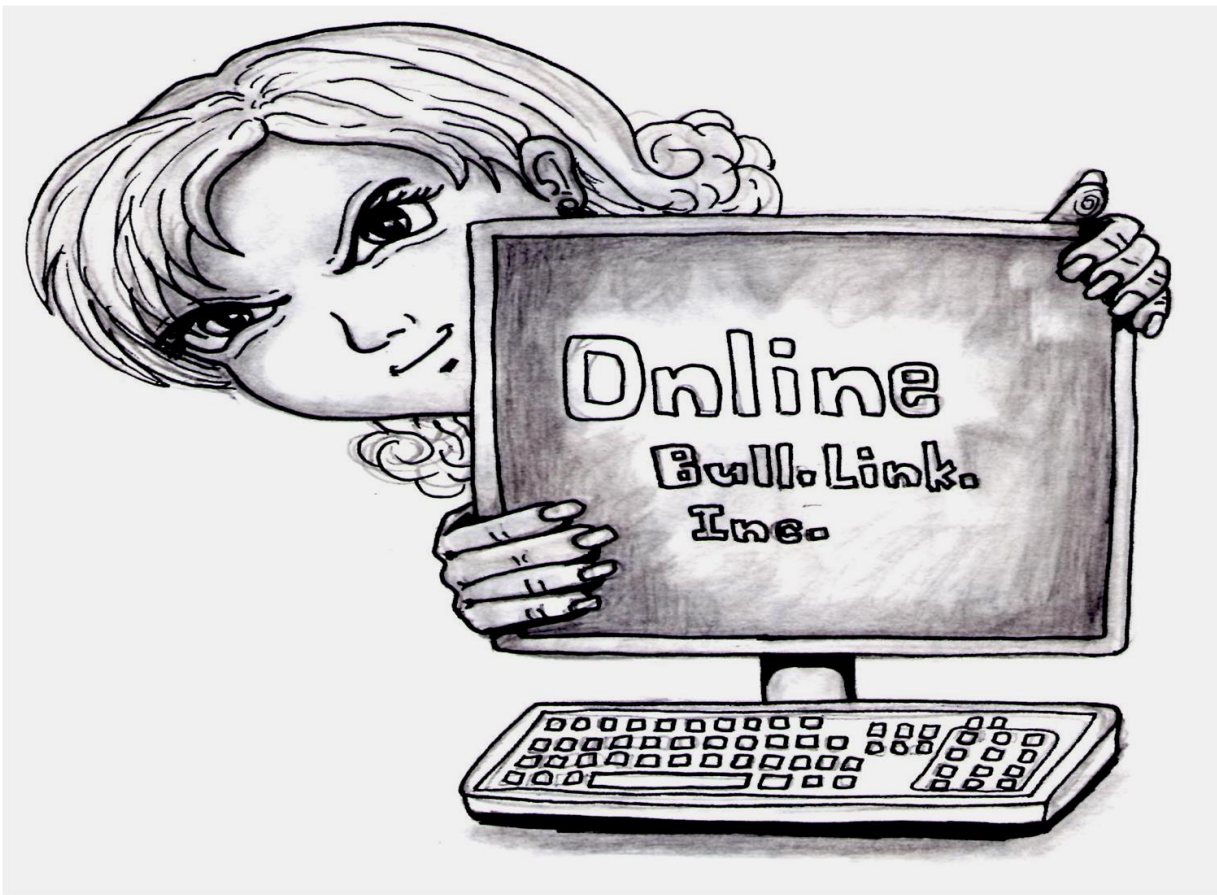
I looked in the mirror one day and decided no one can destroy me unless I allow him or her to. Moreover, I should be quite proud of who I am.

So, I strongly suggest you cease spreading your rumors and lies about me or anyone else throughout cyberspace.

Your rumors on line have no clout any more. I declare them baseless and empty threats. In the real world of decent, good, and respectful people where I live, your rumors have no place.

Al Johnson

# You Hide In Front Of A Computer



What is the Theme/Main Idea of the Illustration and Hidden Message(s)?

## **YOU HIDE IN FRONT OF A COMPUTER**

**You're a bully that hides in front of a computer sending out messages of lies, disrespect, and hate.**

**If you have to hide in front of a computer to bully me, you're not the least bit brave at all. In fact, you're a phony and a fake.**

**I actually feel sorry for you as you hopelessly linger in your pathetic state.**

**The truth about me or any kid you're bullying will eventually come out. Truth is frightening for you, isn't it? Because the truth will seal your fate.**

**You hide in front of a computer for hours at a time.**

**Your time would be better spent if you somehow discovered how, with other kids, you could become nice and kind.**

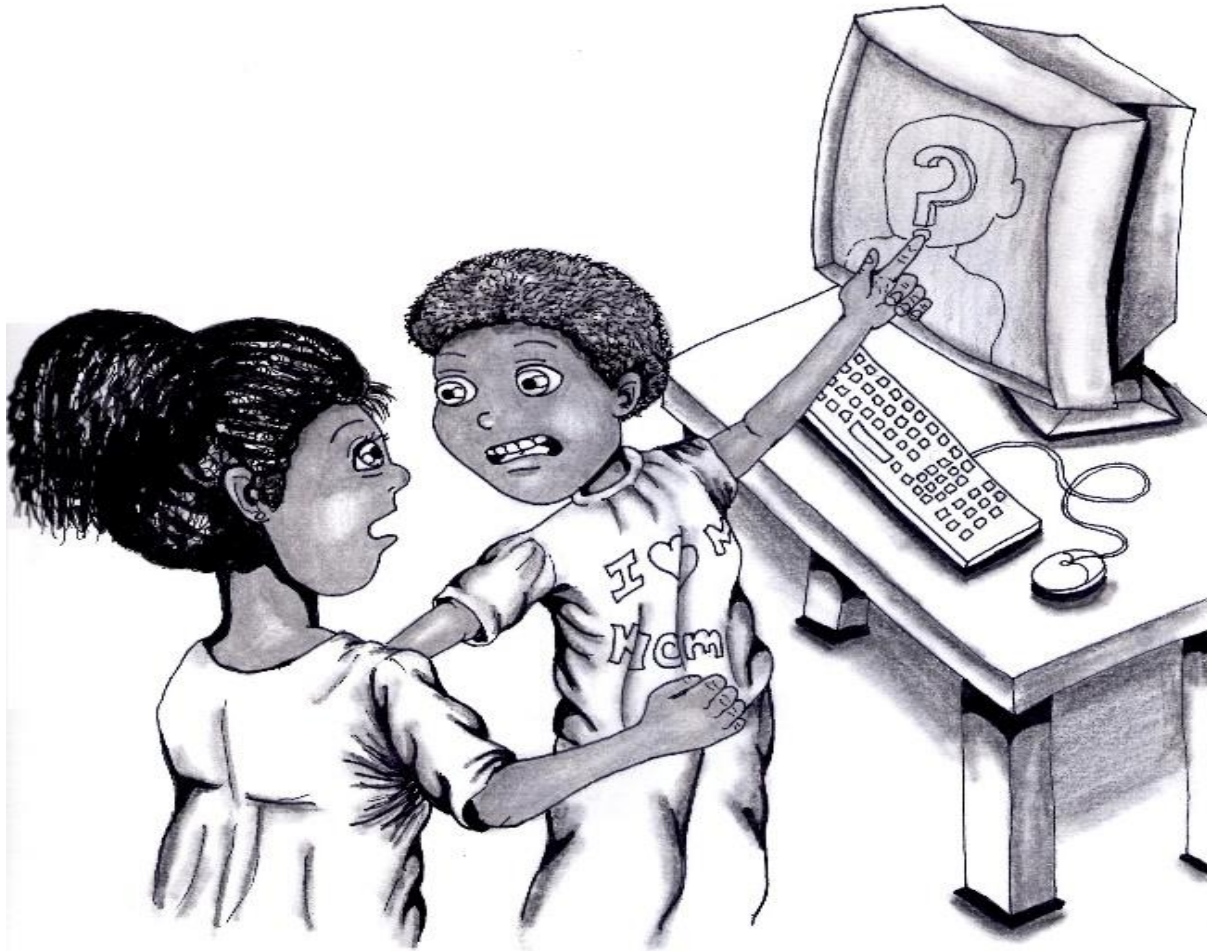
**You hide in front of a computer to go about your daily sour routine of bullying other kids.**

**One day your computer will crash and along with it, your despicable bullying empire, too. Just maybe then, you'll feel somewhat sorry for all the unnecessary bullying you did.**

**Al Johnson**



# The Stranger On The Internet



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## THE STRANGER ON THE INTERNET

The stranger on the internet should be treated just like the stranger on the street.

Parents and responsible adults have told kids never talk to strangers they might meet.

The stranger on the internet is constantly on the prowl, looking for any kid they can convince.

The stranger on the internet knows slick and enticing ways to cause a kid to let down his/her defense.

Kids, if you ever come across a stranger on the internet,

Do not, under any circumstance, chat with them. Conversations with strangers on the internet can only lead to regret.

Quickly tell your parents or any responsible adult about the stranger on the internet.

Hopefully, you can do this while the stranger is still online.

Then, if the stranger is a bad person that commits crimes against kids, maybe the police can catch him/her quickly. They'll then be the stranger on the internet hopefully, for the very last time.

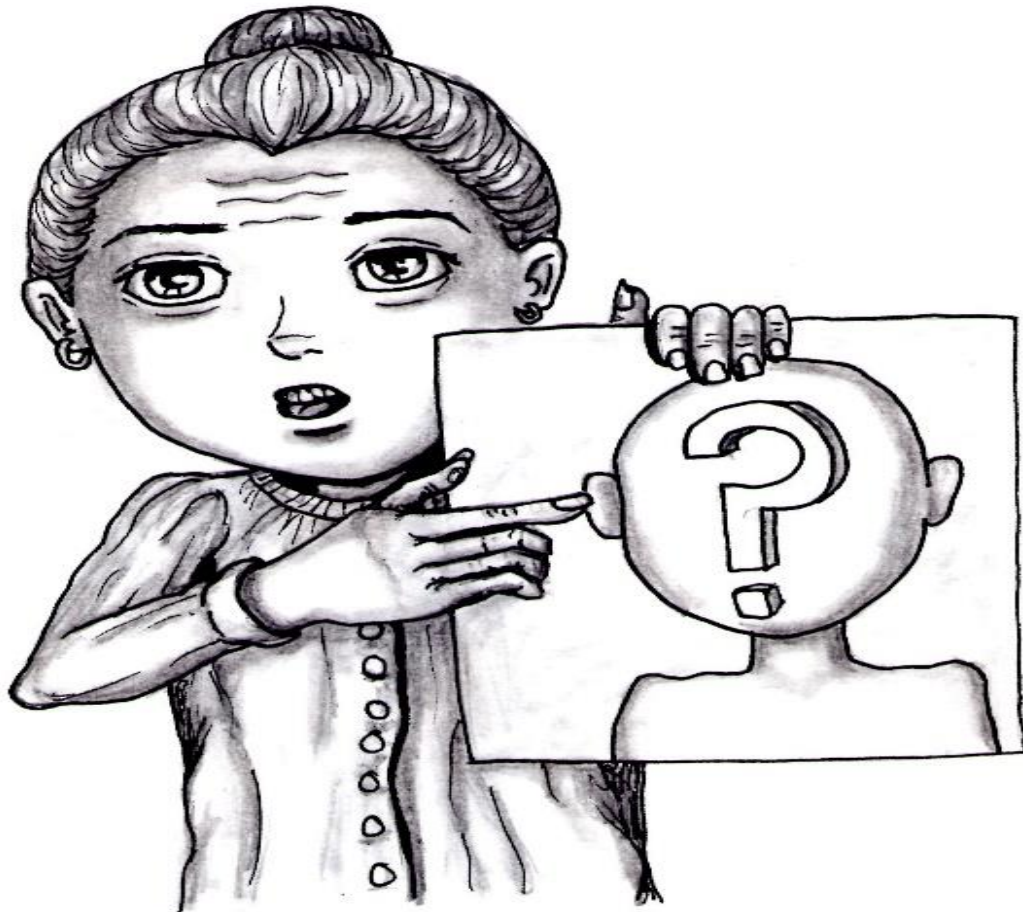
Al Johnson

**END OF ANTI-CYBERSPACE BULLYING POEMS**

BEGINNING OF POEMS FOR BULLIES AND

'WANNA' BE BULLIES

# Who Bullied You?



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## WHO BULLIED YOU?

Who bullied you? What did it feel like being bullied by someone?

Did they call you nasty names and push you around? Did they destroy your will to have fun?

Who bullied you? Did they threaten you, leaving you full of fear?

Did the bully leave you all lonely and confused to the point that so many things around you seemed unclear?

Who bullied you? Who caused you to be sometimes afraid to go to school?

I doubt that being bullied made you feel very cool?

For clarity, I just thought I would ask who bullied you?

Many kids who bully other kids were bullied, too.

If none of the lousy things I've mentioned didn't happen when you were being bullied, then you wouldn't know how I feel.

You wouldn't understand or care when you bully me, if I lose my pride and self-confidence. You wouldn't be concerned about my happiness, which you try to steal.

But I'm sure you do know how I feel because when you were being bullied, you felt the same lousy way, too.

I hope you get this message; you don't have to and shouldn't bully me or anyone else because of who bullied you!

**Al Johnson**

# One Time



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## ONE TIME

If you bully another kid just one time, that's one time too many.

The pain a kid suffers from your one-time bullying could cause a kid to lose his/her true identity.

One time is always too many for anything that is wrong.

You need to know that being a bully really doesn't somehow make you strong.

There was one time I thought about being a bully, too, just like you.

But it took me only one time to think about it and quickly conclude bullying wasn't a wise or nice thing for me to do.

I suggest you take just one time to sit and think deeply about the nasty things you're doing to other kids, you might be surprised.

That one time of careful and heartfelt deep thinking could clear your mind and open your eyes.

Hopefully, you will take one time to think differently about being a bully and plainly see,

There is never a good reason to be a bully, but there are always wonderful reasons to be the best person that you can be.

Al Johnson

# Somewhere Inside You



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## SOMEWHERE INSIDE YOU

Do you really enjoy being a bully, always acting tough?

You go around with a frown on your face saying nasty words to kids. You know what! We kids are tired of hearing that stuff.

Somewhere inside you, there's a nice kid just waiting for a chance to shine.

Somewhere inside you, there's peace and harmony eager to surface. Don't you think now would be the perfect time?

Somewhere inside you, there's an abundance of joy and cheer.

If you will allow all these wonderful things somewhere inside you to appear, you'll no longer spread confusion, hate, and fear.

Your bullying days will be over forever, you'll have lots of great friends, many of them brand new.

Please let the good person that you can be open up for the world to see. A nice and kind kid is waiting somewhere inside you.

**Al Johnson**



# What Is Going On Inside Your Head?



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

**WHAT IS GOING ON INSIDE YOUR HEAD?**

**You seem to enjoy being a bully, always acting all tough and stuff.**

**You pick on kids, call them names, and take things from them. When it comes to bullying kids, you seem to never get enough.**

**What is going on inside your head to make you do the stupid bullying stuff you do?**

**Are your brain cells twisted, misplaced, or maybe missing altogether? What's wrong with you?**

**Definitely, something wrong is going on inside your head, or you would not do the nasty things you do.**

**When it comes to treating all kids and people with respect, you refuse, or you don't seem to have a clue.**

**What's going on inside your head? There appears to be nothing but darkness up there. Before it's too late, you need to turn on the light.**

**You need to see the world from a different point of view, abolishing the wrong forever and embracing what's right.**

**Please immediately stop bullying other kids. Take heed to what I've said.**

**If you do, you will never again have to hear anyone say in a negative way, "What's going on inside your head?"**

**Al Johnson**

# Make This Day The Last



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## **MAKE THIS DAY THE LAST**

**Make this day the last that you choose to bully another kid.**

**If you have bullied another kid, there is no way you can be proud of what you did.**

**Make this day the last when, for no good reason, other than self-satisfaction, you call kids inappropriate names.**

**For this, you should be very ashamed.**

**Make this day the last you spread rumors on line about a kid. When in your heart, you know what you're saying is wrong and untrue.**

**You ever think about how you would feel if the same kind of vicious rumors were being spread all over the internet about you?**

**Make this day the last you go around all day looking mean and acting tough.**

**Try wearing a smile, have a hearty laugh, say to yourself, and really mean it, when it comes to bullying another kid, you've had enough.**

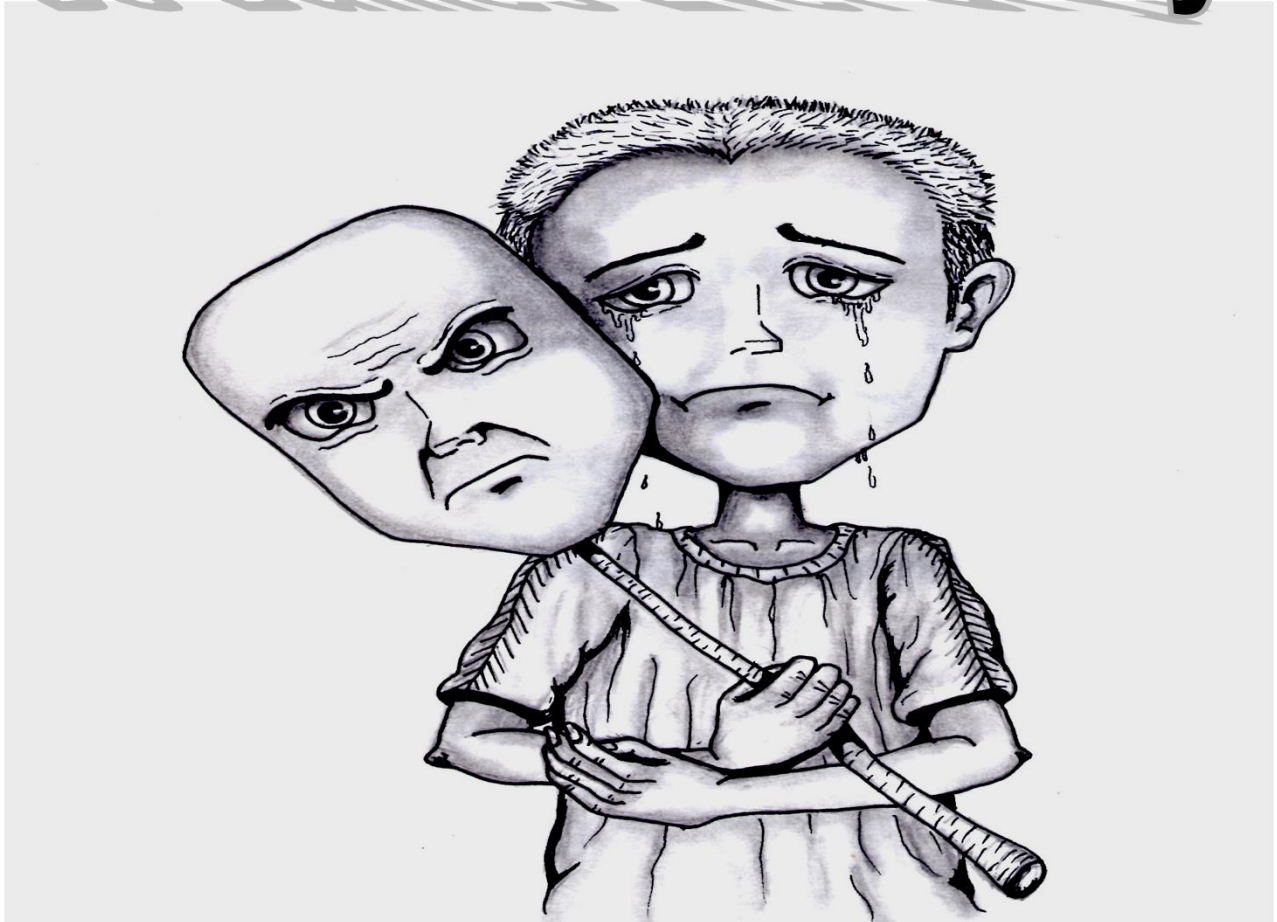
**Life is about making positive changes as we live and grow.**

**When it comes to you being a bully, make this day the last. If you do, your life will be full of so much more fun and good cheer, more than you ever know.**

**Al Johnson**

**END OF POEMS FOR BULLIES AND 'WANNA' BE BULLIES**

# Do Bullies Ever Cry?



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## DO BULLIES EVER CRY?

Do bullies ever cry? You know what? I believe they do.

Bullies always put on a tough and strong front, which is designed to scare and confuse you.

My parents told me if you get a bully to spill his/her real emotions; you would be shocked at what you would hear and see.

Bullies are really hurting inside. They hide it by bullying kids like you and me.

Do bullies ever cry? It very much seems like they do.

Then bullies must need help in facing the truth.

How can kids being bullied help a bully? What can kids do?

If you are one of those kids, you can decide to stand up to the bully and not let him/her bully you.

You can tell the bully what he/she is doing is not right.

You can do this in a calm but firm way that doesn't cause a fight.

Make sure while you do this, you look the bully straight in the eye.

You can do this with confidence because you know something; the bully doesn't know you know, that bullies do cry.

**Al Johnson**

# Mental Weakness



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## MENTAL WEAKNESS

If you're a bully, you have allowed mental weakness to control you instead of your potential mental strength.

You have a great mind like any other kid, but the second you decided to bully another kid you instantly became mentally weak and dense.

What makes you mentally weak is that you're totally unaware that you are.

If you were mentally strong, you'd know that bullying another kid is wrong. Unfortunately, you haven't come to that correct conclusion so far.

So, you continue to bully kids, your mental weakness has the upper hand because you allow it to.

Are you so shallow and mentally weak that you're not fully aware that you have complete control over what you say and do?

Mental weakness can be reversed, almost in the time it takes to blink an eye.

At this very moment, if you mentally say to yourself you'll never bully another kid again, and you mean it, your mental weakness permanently just went bye, bye.

**Al Johnson**



# Isolated And Alone



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## ISOLATED AND ALONE

If you are a bully, you're isolated and alone.

There may be kids around you, but the nice kids don't stay very long. No one really likes a bully's nasty tone.

You would probably say you have plenty of friends at school and in the neighborhood, and you're always talking on your cell phone.

I'm here to tell you, if you're a bully, although you're not wise enough to know it, you're really isolated and alone.

Those kids that do consider themselves your friends and hang out with you are mistakenly and pathetically exactly like you.

The whole disrespectful herd of you incompetent bullies is isolated and alone, too.

The sad thing is, when you need a helping hand, as someday you will, your so-called friends will be nowhere around, they'll be long gone.

My parents have told me it is no fun, in fact it can be devastating, as you grow older, to find yourself isolated and alone.

**Al Johnson**

# I Once Bullied Too



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## I ONCE BULLIED TOO

Because of how I am now, you might find it hard to believe I once bullied, too.

I used to hassle kids, call them names, push and shove them. Yes, I did the stupid stuff bullies do.

At that time, I thought being a bully was really cool.

Yep, I once I bullied, too.

I never thought much about what I was doing. I only thought about myself.

Then, one day I saw another kid being bullied by someone else.

I saw the bully laugh and the kid cry.

The bullied kid looked so sad. I almost had tears in my eyes.

At that moment, it was clear to me bullying was wrong. No one has the right to make a kid feel bad that way.

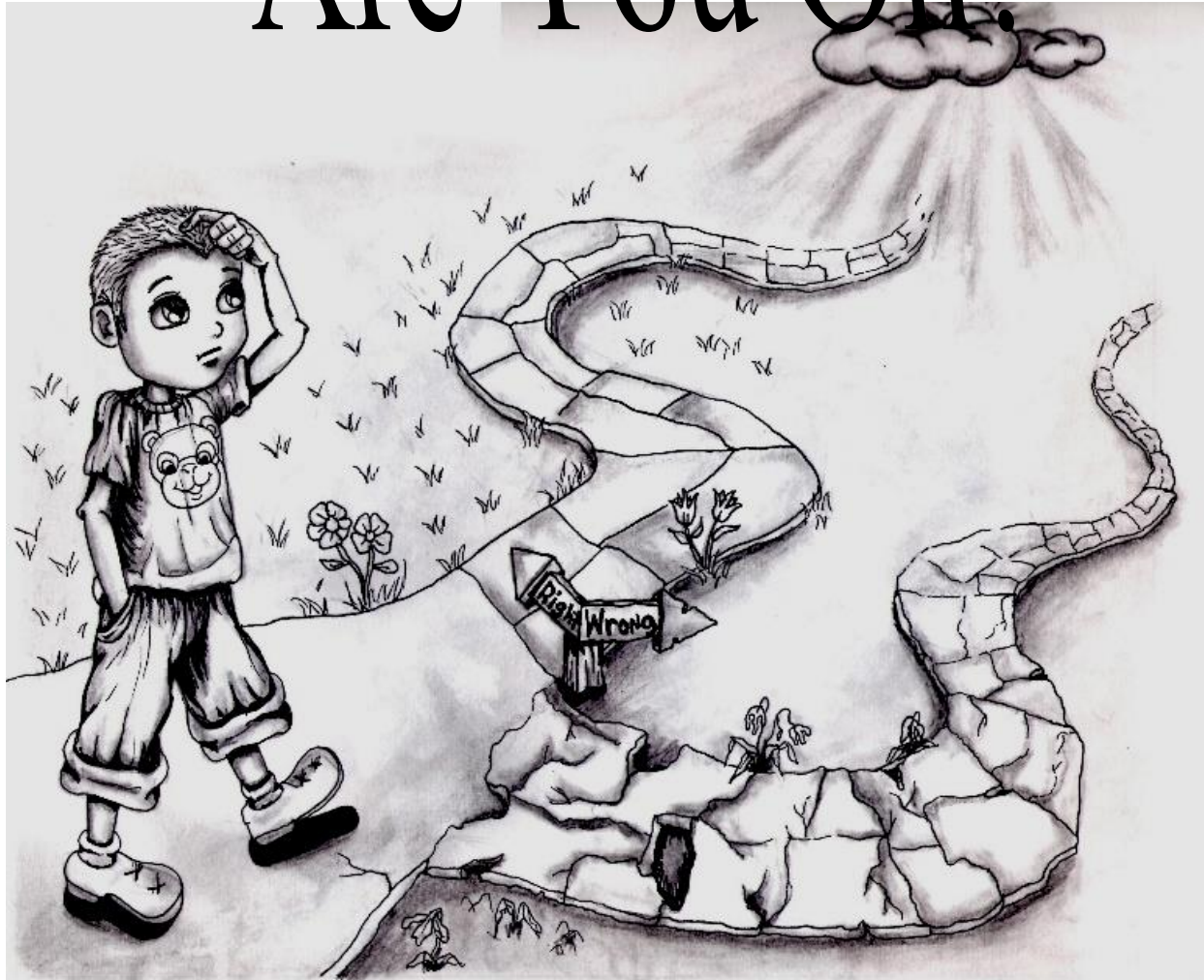
I stood up for that kid. I never bullied again, after what I saw that day.

So, if you are a bully, I ask you to immediately stop. You can find many more positive things to do.

Take it from me you can stop your bullying. I should know, I once bullied, too.

**Al Johnson**

# What Path In Life Are You On?



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## WHAT PATH IN LIFE ARE YOU ON?

What path in life are you on?

If you are a kid that bullies' other kids, your current path is unfortunately wrong.

If you bully another kid face to face or on the internet,

The path you've chosen to take so far is one you should quickly cease to take and soon forget.

What path are you on, where will your path lead?

Will your path take you to a life of respect and happiness, or one of fear and hate? Which path will you heed?

Even as a kid, you have control over the choices you make.

What path in life are you on? What path will you consistently take?

I hope you choose the path where you treat every kid, no matter their size, gender, sexual preference, or race, as you would want to be treated. It simply boils down to showing respect for others in a civil tone.

Look in the mirror, look in your eyes, the kid staring back at you will reveal what path in life you're on.

Al Johnson

# Never Argue With A Bully



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## NEVER ARGUE WITH A BULLY

Bullies don't mind yelling and arguing, it's what they commonly prefer to do.

There could be times when the bully wants to argue with you.

Never argue with a bully, if you do, you will be wasting precious energy that could be put to better use.

Never argue with a bully, by doing so, you'll be stooping to a low level where bullies reside. Hanging around low-level places is not what a kid like you should ever do.

Never argue with a bully, cautiously walk away, leave the scene, if necessary, and seek adult help.

By walking away from the bully, the bully is left to argue with no one but himself/herself.

Never argue with a bully, an argument can quickly result in a physical fight.

Remember, if a bully wants to start an argument with you, respond by quickly taking flight.

There could be a time when you are tempted to argue with a bully because you want to make a point, or you don't like what a bully says.

Never argue with a bully, under any circumstance. It's never worth it to do so in any way!

Al Johnson

**END OF POEMS FOR ALL CHILDREN & BULLIES**



# I Feel Sorry For Bullies



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## **I FEEL SORRY FOR BULLIES**

**I feel sorry for bullies. I don't know why they act the way they do.**

**When it comes to all the fun, nice, and worthwhile stuff a kid can do in life, bullies don't seem to have a clue.**

**I feel sorry for bullies. They seem to be unhappy all the time.**

**I feel sorry for bullies. They all have twisted minds.**

**I feel sorry for bullies. They have no compassion and don't tell the truth.**

**I feel sorry for bullies. They usually don't do very well in school.**

**I feel sorry for bullies. They really don't feel good about themselves, unless they make another kid feel bad.**

**I feel sorry for bullies. Their lives to me, seem so sad.**

**You might be thinking why a kid like me should feel sorry for bullies, because of the stupid stuff they do.**

**I feel sorry for bullies because if they don't stop bullying, they will never experience all the real cool and fun stuff that kids like me are into.**

**Al Johnson**

# Bullying Must Not Be Taken Lightly



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## **BULLYING MUST NOT BE TAKEN LIGHTLY**

Often when a kid tells an adult about a bullying problem they're having, it is brushed aside as kids just growing up.

Any form of bullying must not be taken lightly; harsh words can quickly turn into a push or shove.

A push or shove can quickly lead to a fight.

All can be prevented, if the adult has the necessary foresight.

Bullying must not be taken lightly. A kid being bullied could be scarred for life.

The pain and fear a bullied kid suffers emotionally can cut like a knife.

When teachers, parents, and other responsible adults witness minor interactions between two or more kids, which seem a bit out of the norm,

They should immediately intercede. If it turns out to be innocent play, it's better to be wrong than to allow a kid to possibly be bullied and harmed.

Adults, and kids, too, must be alert and aware of occurring events at school, in the neighborhood, and on the internet. We all must take notice carefully.

Because any form of bullying must not be taken lightly.

**Al Johnson**

# Bullies Are Without Self-Confidence



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## BULLIES ARE WITHOUT SELF-CONFIDENCE

Did you know that bullies are without self-confidence? However, that's a message bullies try hard not to send.

Sure, on the surface bullies act tough and strong. However, self-confidence doesn't come from surface appearance, but from within.

Bullies hide their doubt and lack of self-confidence by finding kids who lack more self-confidence than they do.

Once a bully finds a kid without self-confidence, he/she will dominate over and over again, sticking to that kid like hard to remove glue.

If kids know that bullies are without self-confidence, kids will have the upper hand.

Kids, will have a much better chance of not being bullied because of what they understand.

Kids, if a bully comes around you and gets into your face,

With your imaginary X-ray vision, you can look right through the bully and find the bully's non-confident place.

A kid can tell the bully in a calm, but firm voice, "You will not bully me!"

"Because I know your secret, it's crystal clear as can be!"

A kid should tell the bully, "I'm going to leave you precariously straddling your self-made picket fence."

Goodbye! "You're a bully and bullies are without self-confidence!"

Al Johnson

**Have You Ever Thought  
About Being A Bully?**

**Have You Ever Thought About Being A Bully?**



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## HAVE YOU EVER THOUGHT ABOUT BEING A BULLY?

Have you ever thought about being a bully, although you haven't quite made up your mind?

This poem is to help you come to the correct conclusion by the time you hear or read the last line.

What would make you want to be a bully, anyway? Where did such a misplaced and twisted idea come from?

The mere thought of wanting to become a bully is nothing but dumb.

Do you really respect a bully that is feared by kids because of being falsely powerful and strong?

The fear a bully instills in other kids and the strength and power the bully may have will eventually be taken away. It will not last very long.

Have you ever thought about being a bully? Do you think bullies are really appreciated and looked up to?

Bullies do not deserve true appreciation or respect because they seek to control and belittle good kids like me and you.

Have you ever thought about being a bully? Do you know that a bully could be in the presence of many kids, yet be on an island, alone, all by himself/herself?

Do you really want to feel isolated, alone, and unaware that if you're a bully, you're in dire need of immediate help?

Have you ever thought about being a bully? Bullies aren't fun to be around.

Even if a bully is joking and laughing on the outside, on the inside the bully's heart is wearing an ugly stain and frown.



Have you ever thought about being a bully? If so, immediately and permanently erase it from your mind.

Any kid that becomes a bully could reach the point of no return, and never be looked up to for being respectful, friendly, and kind.

**Al Johnson**

# A Bully's Negative Impact



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## A BULLY'S NEGATIVE IMPACT

Bullies don't consider the negative impact their bullying can cause.

The bully that does set out to create a negative impact doesn't care because his/her attitude and persona have flaws.

A bully's negative impact could mean a bullied kid could have trouble sleeping at night.

A bully's negative impact could mean a once happy kid could grow sad, go into a shell, and just not feel right.

A bully's negative impact could mean a bullied kid is afraid to go to school. Good grades once made turn into bad.

A bully's negative impact could cause a bullied kid to lose his/her self-esteem and the self-confidence they once had.

A bully's negative impact could cause a bullied kid to be lonely and confused in an unhealthy way.

For any bully who may be hearing or reading this, can you somehow see the negative impact your bullying has on kids on any given day?

In case you do not understand the seriousness of your bullying, let me give you one final heartbreaking fact.

Every sad thing that can happen to a kid being bullied, could grow like a cancer cell, destroying a kid's will to carry on, all because of a bully's negative impact.

**Al Johnson**

# Take A Long Look In Your Mirror



**What is the Theme/Main Idea of the Illustration and Hidden Message(s)?**

## TAKE A LONG LOOK IN YOUR MIRROR

Hey kids, take a long look in your mirror. Do you like what you see?

You shouldn't like what you see at all, if you see a bully.

Try a different angle; turn sideways for your profile. Now do you like what you see?

You shouldn't like what you see at all, if you see a bully.

Okay, how about you turn your back to the mirror and look over your shoulder behind you.  
Now do you like what you see?

You shouldn't like what you see at all, if you see a bully.

Turn back around and face the mirror again, take another long look. This time force yourself  
to bring a broad smile to your face.

Yes, your smile will be forced and fake because bullies don't wear natural bright smiles that  
remain in place.

Okay, let's try this, while you are still facing your mirror, say out loud "I'm proud to be a  
disrespectful bully, it's one of the coolest things a kid could do."

Your mirror is now like a lie detector, by the look on your face, and the tone of your voice,  
you and your mirror know what you just said wasn't really the truth.

So, what is the lesson to be learned from the long look in your mirror? Was there a  
worthwhile and vital lesson made?

Yes! If you immediately stop bullying forever, the very next time you look in your mirror  
from every angle, you'll see a truly warm, smiling, and kind-hearted face.

Al Johnson

**END OF ANTI-BULLYING TEACHER TRAINING POEMS**

