



21: The Magic of Being Bully-Proof

A PK-6 Lesson on Staying Strong, Speaking Up, and Protecting Our Confidence



Introduction for the Facilitator

This lesson introduces the powerful professional skill of being **bully-proof**, which means standing up for ourselves with confidence, staying calm under pressure, and knowing what to do when someone is unkind, hurtful, or trying to take away our power.

Bully-proofing doesn't mean fighting back or trying to be tough on the outside. It means being strong on the **inside**—knowing our worth, building support, using our voice wisely, and asking for help when we need it. It's a mix of self-confidence, empathy, and smart choices.

This skill becomes part of a student's **personal competitive advantage** by helping them grow into someone who is calm, clear, and courageous in tough moments. It also helps them create a **lifestyle** that is safe, supported, and full of strong, respectful relationships.

This lesson includes:

- A Social Story about finding strength through kindness and boundaries
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 hands-on classroom Activities
- A printable Worksheet to reinforce bully-proof behaviors

Let's help students understand that **their worth is not up for debate—and they have the tools to protect it.**



Social Story: *Amira Stands Strong*

Amira used to love school. But lately, it felt different.

A classmate kept making fun of her lunch, whispering behind her back, and rolling their eyes whenever she talked. At first, Amira stayed quiet. Then she started missing group work...and even stopped bringing her favorite food.

One afternoon, her counselor Ms. Jackson visited the class. She talked about being **bully-proof**.

"Being bully-proof doesn't mean nothing hurts," she said. "It means we know how to stay strong, speak up, and protect our confidence."



That night, Amira told her dad about what was happening. They made a plan:

- **Walk with a friend.**
- **Practice calm words like, "Please stop. That's not okay."**
- **Tell a trusted adult if the behavior continues.**

The next time it happened, Amira didn't laugh or look down. She said clearly, "I like my lunch. I'd like you to stop commenting on it." Then she walked away and told her teacher.

It worked. It didn't feel perfect—but it felt powerful.

From then on, Amira remembered that her worth didn't change because of someone else's words. She had become **bully-proof** and it became part of her **personal competitive advantage**, helping her build the **lifestyle** she wanted: confident, kind, and surrounded by people who lift each other up.



Group Discussion Questions

1. What does it mean to be bully-proof?

Follow-up: How is that different from being mean back?

2. Why do some people choose to be unkind to others?

Follow-up: What does that say about how they're feeling inside?

3. What should you do if someone tries to put you down?

Follow-up: What words or actions help you stay calm and confident?

4. What should you do if you see someone else being picked on?

Follow-up: How can we help without making things worse?

5. Why is it important to talk to a trusted adult about bullying?

Follow-up: Who could be on your personal "support team"?

6. What does it look like to speak up without being mean?

Follow-up: How can your body and tone help you stay respectful and firm?

7. How does being bully-proof help grow your personal competitive advantage?

Follow-up: What part of your character gets stronger when you handle conflict calmly?

8. What kind of lifestyle do you want to live?

Follow-up: How does being bully-proof help protect that life?



Journal Prompts

(Students can write or draw their answers based on age and ability.)

1. **Draw or write about a time you stayed calm during a tough moment.**
2. **What makes you feel strong and confident, even when someone is unkind?**
3. **Describe a time you spoke up or stood up for yourself or someone else.**
4. **What's something you could say if someone teased you about something you like?**
5. **If being bully-proof were your superpower, what would your superpower name be? What kind of things could you do?**
6. **What helps you bounce back when someone's words hurt your feelings?**
7. **Who is on your support team? Who are the people who make you feel safe and strong?**
8. **How does being bully-proof help grow your personal competitive advantage?**



Activities

1. **Confidence Posture Practice**
Teach and model "bully-proof posture"—head up, body tall, calm voice. Students practice silently walking tall.
2. **Power Phrases Cards**
Create cards with phrases like "Please stop," "That's not okay," "I'm walking away now," and practice using them with different tones.
3. **Who's on Your Team?**
Students draw or list trusted adults and friends they could go to if something felt wrong or uncomfortable.
4. **The "Stop, Walk, Tell" Game**
Students act out scenarios using the three-step strategy: tell them to stop, walk away, and tell an adult if needed.
5. **Friendly vs. Unfriendly Behavior Sort**
Sort common behaviors into "kind," "unintentionally hurtful," and "bullying." Discuss the differences and what to do.
6. **Kindness Shield Art**
Students create a personal "shield" with things that make them strong: kind words, talents, goals, values, etc.
7. **Bully-Proof Superheroes**
Each student creates a superhero character who handles unkind behavior calmly and protects others with empathy.
8. **Support Squad Circles**
Students sit in small circles and take turns saying encouraging words to each other. Reflect on how that feels.
9. **What If? Scenario Wheel**
Spin to land on a scenario (e.g., "Someone mocks your shoes"). Students brainstorm three calm responses.
10. **Silent Support Signal**
As a class, create a nonverbal signal students can use when they need help or feel uncomfortable. Practice recognizing and respecting it.



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Worksheet

My Bully-Proof Plan

Name: _____

Helpful Words:

- **Bully-Proof** = staying strong, calm, and confident when someone is unkind
- **Lifestyle Goal** = the kind of life I want to live
- **Personal Competitive Advantage** = my special strengths and habits that help me grow

Directions:

Write or draw your answers. Kindness is powerful—and so are you.

Use the back of this sheet if you need more space.

1. Something I can say if someone is unkind is:

4. Here's what my Bully-Proof Superpower looks like:

2. A way I can show confidence without being mean is:

5. Being bully-proof helps me grow my personal competitive advantage by:

3. One person I can talk to if I need help is:

6. This is how being bully-proof helps me live the lifestyle I want: