

Bully Myths

- Low self-esteem
- Cowards
- Bully proof - bully resilient
- Power equation? Not so much anymore

Bad Advice

- Road to a bully beatdown
 - School officials
 - Parents
 - Academia
 - Compassionate people

Never be a bully

- Life is hard enough
- Be kind
- Be respectful
- Patience / honking /prison
- Respect - Chain reaction
- If everyone in the world were just like me, what kind of world would this be?

Use humor but never tease - Walker

- Self deprecating

How to control your emotions

- Breath
- Denial

Tongue Fu

- 26 Words in the alphabet
- First learn to be good. Then you earn happiness.
- Ignore "good job!"
- Feed it back
- Circle drill

Fence / Flinch