

CHARACTER

STARTS  HERE!

Bullied? It's Not Your Fault

Here are a few tips to remember if you are being bullied:

It's NOT your fault!

- You don't deserve it .
- You have a right to be heard.
- You have a right to feel like you do.
- You have a right to your beliefs.

Remember what the bully wants.

- To be respected.
- To be in charge.
- To intimidate others.
- To get the attention or show off.

Respect the Bully's power. Trying to repel the bully with physical or word power will result in the bully having to respond with more force. Remember, they want to be seen as powerful, in control. Avoid telling the bully what to do and challenging their power. Instead, ask them why they are bullying you. This takes the focus off their desire to be powerful and addresses the method they are using to express that power. Then, respectfully ask them to stop.

Speak loudly so others can hear the conversation. It gets them the attention they want and witnesses you need to support your claims.

Keep a journal of times you have felt bullied. Remember indirect bullying takes time to develop. You need to gather information to show a responsible adult.

Talk about it with others. You're not alone. 85% of those being bullied don't tell anyone. Hoping it'll just go away or stop doesn't help. You don't have to go it alone. There are a lot of people around you who want to help you but you will never get that help until you decide to take the responsibility to make a change and ask for help.



A Non-Profit Organization—since 1972

Hello:

Thank you for taking the time out of your busy schedule to read about how we are helping young people cope and understand the world we live in today. The latest election has revealed the tremendous amount of tension and division in our country. You and I have seen the changes taking place in our communities and have a depth of understanding to cope and manage these changes. However, imagine what this election and the changes in society are doing to our young people. It's no wonder they live for today with out regard to the future.

Taunting Bullying Teasing Name Calling Belittling

Text messaging, twitter, facebook, and such have altered how we live our lives but these media devices have led to an increase in how people express their opinions and hurtful expressions to those around them. And this negative behavior is modeled on TV, in sports, and from our politicians.

Sure, bullying was there when we were young but today it follows young people around in the form of cyber-bullying. This type of bullying reaches into to their lives while they are safe at home. Facebook, twitter, cell phones, and such have made it possible for the bully to taunt and tease a young person where ever they may go.

Camfel Productions helps young people survive and thrive.

Camfel Productions has been working to help young people cope with bullying for over 40 years. We've been able to reach out and motivate students in over 8,000 schools through our three-screen assembly programs and character ed tools.



For 40 years we've been able to do this work with the help of a few sponsors & school funds. However, times have changed and school funds have disappeared.

We need your help.

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