



# No Bullies Allowed

Jeff Evans shares secrets to

## Be a buddy, not a bully.

- B** – Be a buddy, not a bully
- A** – Attitude, Avoid, Ask for help
- N** – Nobody deserves to be bullied
- D** – Don't join in, help instead!

Talk about **Warm Fuzzies** from the assembly. What are they? How about **Cold Pricklies**?  
**Challenge:** Give away a Warm Fuzzy to someone each day the next week. How did it make the person who received it feel? How did it make YOU feel?

## What is Bullying?

- Taunting, calling names
- Damaging belongings
- Spreading rumors
- Threats and intimidation
- Being ignored, left out
- Hitting and shoving
- Taking or stealing

**“No one can make you feel inferior without your permission.”**

**-Eleanor Roosevelt**

# Ways to Bullying

- Ignore them (if possible)
- Tell the bully to stop
- Walk away - avoid unsafe situations
- Stay in a group with people you trust
- Hurting others is not funny or cool
- Accept responsibility for your behavior
- Manage your anger and frustration
- Tell a teacher or your parents
- NEVER** keep bullying a secret

**“When your button is pushed,**



## Don't let it ring your bell.”

**-Ogden**

Memorize one of these responses and have it handy the next time someone tries to “ring your bell” and make you upset.

*“I know, and I'd like to be your friend.”*

*“I'll bring the chips!”*

*“I'm sorry that you feel that way.”*

*“No thanks, I just had a banana.”*

*“Thanks for sharing.”*

*“Yeah, aren't I just tons of fun?”*

Send e-mail to [jeff@edumazement.com](mailto:jeff@edumazement.com) or call (877) 412-5064 to learn about Jeff Evans' *Reading Magic, Science Magic, and Family Night Magic Show* assemblies.

## Who is your hero, and why?

As you've learned from the *Mission: Possible* show, heroes can range from teachers and coaches to doctors and athletes.

Who do YOU admire? Jot down the characteristics of this person that makes them great.

**BONUS** - Choose a famous person you'd like to learn more about, then check out a biography from the library or do research on the internet. Do a one or two page report describing HOW this person achieved greatness. Was the road easy? Were there brick walls and problems that had to be overcome?

What lessons can you learn from this person? How have you changed the way you think because of your research?



Thomas Edison



Helen Keller



Michael Jordan

# Ways Bystanders can Stop Bullying

**Tell the bully to stop.**

**Never encourage a bully by laughing.**

**Don't join in because you feel you have to.**

**Learn appropriate ways to confront your peers.**

**Tell a teacher or parent if someone is bullied.**

**NEVER keep bullying a secret!**

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## Positive Thinking Tools

Buy a selection of motivational tapes or CDs and listen to them when riding in the car (handy for long trips and vacations!).



Make yourself a "victory wall." Cover it with symbols of your triumphs: certificates, great papers, letters of recommendation, inspiring quotes, news articles of triumphs, whatever makes you feel great.

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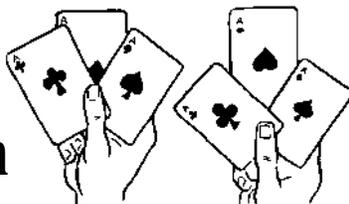
## More Homework

Just kidding! I'm hiding a fun card trick here. You'll be one of the few to read it because it looks like homework!

Before you do this trick, take the Ace of Spades, the Ace of Clubs and the Ace of Hearts and form them as shown in the picture on the left side of this page so that the top of the Heart looks like a Diamond. Show them to the audience. Throw the cards on the table and ask someone to pick out the Ace of Diamonds. Everyone will pick out the center card believing it is the Ace of Diamonds. Naturally, it is the Ace of Hearts. Will they be surprised!

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## Words of Wisdom



"Patience, persistence and perspiration make an unbeatable combination for success."  
-- Napoleon Hill --

"Everyone fails, everyone succeeds, But no one succeeds without failure."  
-- Author Unknown --

Start your own collection of quotes that inspire you. The quote doesn't need to come from a book: it might be a lyric from a song or a movie. One of my favorites is from Jedi master Yoda:

"Do, or do not. There is no try."

*Now it's your turn.* Write your favorite quotes down and then post them on your door or by the light switch to keep you thinking positive!