

GET WISDOM! Lesson 12:
BE WISE! BE A “BUDDY” NOT A BULLY!
 (Proverbs 12:18; 10:11)

We’ve learned that in Proverbs God has given lots of advice about speaking kindly. Always speak as you want others to speak to you. But...

What if YOU are being bullied?

- 1. Say Golden Words to YOURSELF!**
Remember that you are important. Say something positive to yourself.
- 2. Project confidence.**
Tell the bully how you feel and what you want the bully to do.
For example, "I feel angry when you call me names because I have a real name. I want you to start calling me by my real name."
- 3. Use words that are FIRM but KIND.**
You may even be able to calm the situation with humor. Laugh at their threats and walk away.



What if a friend or classmate is being bullied?

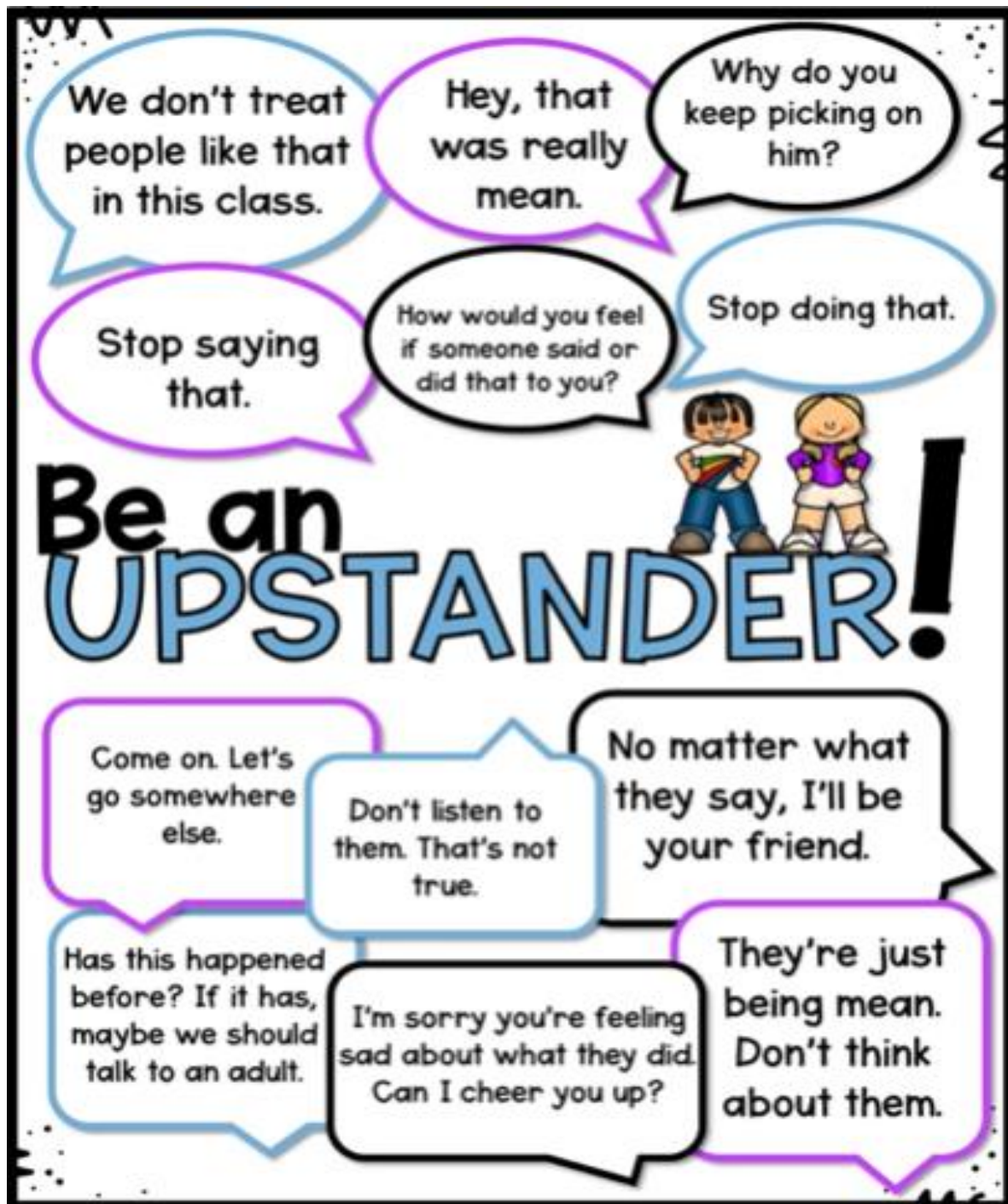
Be an **“UPSTANDER”** not a passive **“Bystander.”**

- 1. Being an upstander, not a bystander means you STAND UP for them.**
Do something helpful when you see a friend or student being bullied. **How would you feel if someone stood up for you?**
- 2. Remember that kind words from one person can make a difference!**
When kids speak up, it's 10 times more powerful than when an adult speaks up! You can make a difference!
- 3. Show kindness to the person that’s being bullied. Tell them that you are there for them. Talk with them, sit with them, play with them at. Listen to them.** Help the person being bullied to get away from the situation.

Proverbs 10:11
“The mouth of the righteous
is a fountain of life”

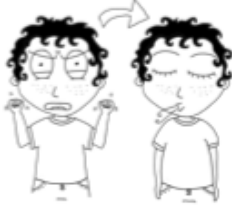
Proverbs 12:18
“The tongue of the wise
brings healing.”

When we speak **GOLDEN WORDS**,
we are blessed by God and we will be a blessing to others!



To be a PEACEFUL PROBLEM SOLVER, I can...

GET CALM FIRST



FLIP A COIN OR DO ROCK-PAPER-SCISSORS



ASK FOR HELP



FIND A WIN-WIN SOLUTION



IGNORE WHAT'S ANNOYING ME



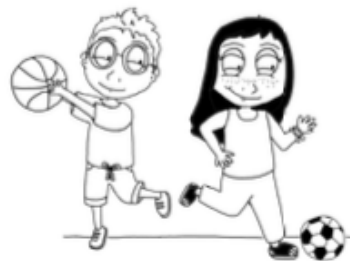
PUT MYSELF IN THE OTHER PERSON'S SHOES



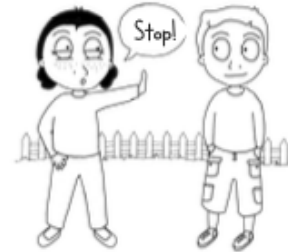
TALK IT OUT AND USE I-MESSAGES



DO SOMETHING ELSE PLAY ANOTHER GAME



SAY WORDS THAT MEAN "NO"



LISTEN TO THE OTHER PERSON



SHARE OR TAKE TURNS



APOLOGIZE



**Use GOLDEN WORDS to BE A PEACEFUL PROBLEM SOLVER.
Make an "I MESSAGE"**

Think of times when you have had a conflict with a friend or a family member. Would it help to make an "I" statement like the ones below? Finish the I-Messages. You can write about a real life example or you can make one up.

how to make an I-MESSAGE

try this: When _____, I felt _____.
say what happened say how you felt
 I would like _____.
say what how want to be treated and/or what you would like to be different next time

or this: I feel _____ when _____.
say how you feel say what happened
 Please _____.
say what how want to be treated and/or what you would like to be different next time

or that: When _____, I was _____.
say what happened say how you felt
 What I'd prefer is _____ next time.
say what how want to be treated and/or what you would like to be different next time

- Try this out the next time you face a conflict in real life. It may be with a friend, classmate, or family member.
- Pray that God will help you to use your words to solve problems and make things right.
- Remember the goal – “Win/Win,” bringing “good life” and “healing” to a tough situation.