

Contents

Introduction.....	1
What Is Bully Behavior?	13
Bullies, Victims and Bystanders	17
Why Do Bullies Bully?.....	25
Asking for Help	28
Speaking Out Against Bullying.....	32
How to Avoid a Bully	35
Positive Self-Talk.....	39
Creating Positive Affirmations	42
What's Your Style? Aggressive, Passive or Assertive.....	45
Relaxation and Anger Management Strategies	51
Reach for the Sky	
Developing Confident Behaviors	56
Say No, Then Go	60
Two Sides of Friendship.....	63
Setting Friendship Goals	66
Bringing It All Together	70
About the Authors.....	73