

A Note for Kids About “Bullies”

Bullying is a way of treating people that is mean and hurtful. People who bully aren't bad people. Their *behavior* is what's bad. **A person can learn to stop acting like a bully.**

In this book, we use the words “bully” and “bullies” to talk about kids when they show bullying behaviors. We do not mean that these kids are bad or that they will always be bullies. When you talk with other kids about bullying, don't call anyone a bully. Instead, talk about behaviors. Say, “I don't like it when you hit me or call me names. Stop it.” This lets the person know exactly what you don't like. And it lets the person know that he or she can change and quit acting like a bully.

Calling people names, like “bully,” can make them feel ashamed or angry. It might lead them to bully even more.



BULLYING

is when one or more people hurt someone's body, feelings, or even his or her things, on purpose.

Bullying actions usually happen over and over.

Bullying is trying to have power over somebody.

Imagine a scary machine.

This machine is loud and **powerful**, with spinning wheels and whirling blades. It's cold and mean and looks kind of dangerous.



What would it feel like to be around this machine every day?

If you go to a school where there is bullying, maybe you know what it's like. A school with a **bullying problem** is not safe or fun. It seems like a place where feelings don't matter. Just like being around a powerful machine, being around bullying can be dangerous and scary. It can make you feel worried and **lonely**.



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"Indispensable. . . A constructive resource for empowering kids to end bullying."

— Jacqueline Golding, Ph.D., author of *Healing Stories*

What in the world is a **Bully Machine?**

It's like this. Sometimes kids bully others at school. They might
hit them,

boss them,

call them names . . .

and just generally **make them feel lousy.**

You know that feeling?

It's like a cold, mean-hearted machine is taking over.

That's the Bully Machine. And **you can help unplug it.**

Read this book to find out how to say

GOOD-BYE BULLY MACHINE

Illustrator and coauthor **Debbie Fox** is an elementary school arts and literacy educator who has created innovative, award-winning programs for children.

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