



S.T.A.R.S.

Students Taking A Responsible Stand

Bully Proof & Self-Image

McCoy's Action Karate's Character Development Program

Bully Proofing Ourselves & Positive Self-Image

First, it is important to know that your best defense against a bully is a Positive Self-Image. How you feel about YOU, can and does change how others treat you. In order for you to know how awesome you are, you need to know success is not measured by how you compare with others. Success is measured by comparing what you have done to what you can do. State 2 things you have done that are Awesome. Ask your family for help!

1) _____

2) _____

Bully 1: The Very BEST way to manage an attack by a bully is to NOT BE THERE. Think for a moment of a person who is a bully. Where do they hang out at school, in your neighborhood or at places where you go? Write one or two places they hang out below;

Bully 2: The VERY last thing you do if you are confronted by a bully is use physical force. Yet, if you or someone else is being hurt, you might need to fight back. The reason for working so hard at karate is to make sure that if you must fight back, you will know how, and you will know it will work. Yet, one of the hardest things to do, if you are attacked, is to fight back, because many children are afraid they will get into trouble. Ask your parents what they want you to do if you are attacked and can not get away, and write it down here.

Bully 3: Stand Up for Others - (See <http://www.stopbullying.gov/> Kids Section)

When you see bullying, there are safe things you can do to make it stop. First, talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help. Second, be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they aren't alone.

Ask your parents how you can best stand up for someone at school who is being bullied, and write it down here.

Requirements for S.T.A.R.S & Stripe Test

- *Responsible behavior at home.*
- *Responsible behavior at School.*
- *Return S.T.A.R.S. during Stripe Testing.*

Student's Name: _____

Date STARS Completed: _____

Parent's Signature: _____

Please talk to my Child about: _____

New England's Best Karate School!

McCoy's Action Karate
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www.MActionKarate.com

This Month's Stripe Color is White, which reminds us of the white of lightning. Speed is one of the Foundation Stones of Martial Arts. This Month we are teaching, Start First, Reaction Speed and Plan Your Work.