

Howard B. Wigglebottom Learns About Bullies

Lessons and Reflections

BULLIES

- If another kid scares you, hurts you, calls you bad names and says bad things about you, makes you do things you don't want to do, or if another kid is stealing or breaking your toys and your things, **YOU ARE BEING BULLIED! YOU NEED TO TELL A TEACHER RIGHT AWAY!**
- Telling is the right thing to do even if you're afraid or if a big kid or a group of kids are threatening you and warning you not to say anything. If you don't tell, things might get worse. **TELLING IS NOT WRONG OR BAD. IT'S THE BEST THING TO DO! BE SMART, BRAVE AND SAFE. TELL A TEACHER RIGHT AWAY!**
- Most of the time, trying to avoid, ignore, joke around or have words with the bullies will not work.
- Howard tried many different ways in our story, to stop the bullies. Nothing worked until he told his teacher.
- **YOUR TEACHER CAN DECIDE THE BEST WAY TO STOP BULLIES!!**
- When we feel hurt or scared by other kids that are stronger or older, we might feel like hurting them back. Please don't. **BULLYING IS WRONG. REMEMBER, DON'T BECOME A BULLY YOURSELF.**
- Sometimes what the bully says about us may sound like its true and we feel badly about ourselves. It's okay to be different and look and feel different. We are all different in many ways. Be proud to be the way you are.
- When another kid becomes a bully it means that kid has problems and needs help and treatment. By telling the teacher you are being bullied, you are not only helping yourself, you are helping everyone in school and the bully as well.

IMAGINATION

- Howard tried to hurt the bullies in his imagination, when he thought he was a Roborabbit with super powers. Keeping things in our imagination is fine and healthy. But in real life, if we are being bullied, we need to tell the teacher.

LITTLE VOICE IN OUR HEADS

- Sometimes we may hear a little voice in our head telling us the right thing to do. Another name for it is the voice of reason or intuition. This little voice or intuition is a part of us that protects us and helps keep us safe. Just like Howard learned to listen to his teachers and his parents* and then to his heart**; in this book Howard learns how to listen to his little voice.
- **TO FEEL SAFE, HAPPY AND GOOD ABOUT OURSELVES, LISTENING IS A MUST!** Howard did not want to listen to the voice right away. He was scared and he did not want his friends to think he was a tattletale or snitch. When we listen to the voice of reason right away, we will stay out of a lot of trouble.
- It may not be easy to listen to the little voice right away. **PRACTICE AND YOU WILL GET BETTER AT IT!**

IDEAS

to make it more comfortable and safer for children to come forth and report bullying.

- Create a bully box so children can leave an anonymous note about bullies.
- Have a telephone number where a child can leave a message about bullies.
- Choose a super kid of the week. Ask the child to fill in the blanks on a piece of paper. "Did you notice anyone being bullied this week?" "Did you bully anyone this week?"

* *Howard B. Wigglebottom Learns to Listen*

** *Howard B. Wigglebottom Listens to His Heart*

To help make our schools safer, we invite parents, educators and therapists to share their resources about bullying and success stories. Please email them to howardb@wedolisten.com.

The bully theme was brought to our attention a few years ago by several educators and children therapists. We were told that even though there are many resources covering this subject matter, they failed to assist the child in understanding that the only action that is effective in breaking the bully-victim cycle is to involve a teacher.

We do not claim to have all the answers for preventing and eradicating bullying. We encourage everyone to learn more about bullying and make their own judgment about what to do about it.