

# START HERE

HI! MY NAME  
IS ZOEY.

AND I'M  
MAX.

WE'RE HERE  
TO TALK ABOUT  
BULLYING.

## TAKE ACTION!

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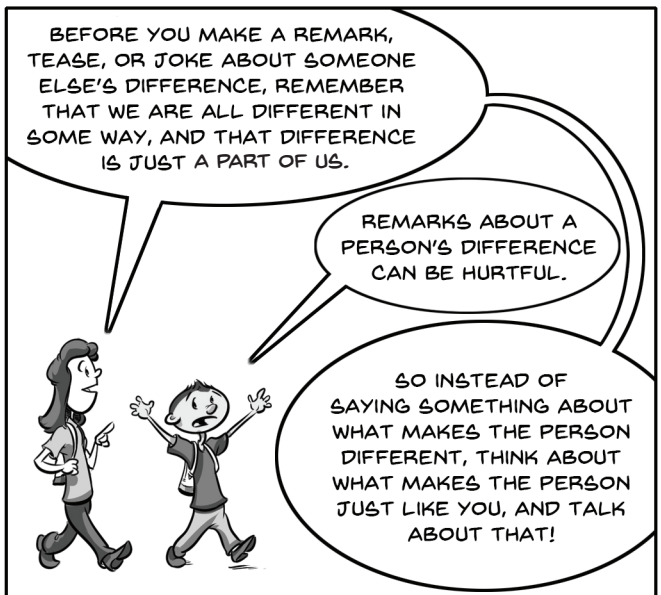
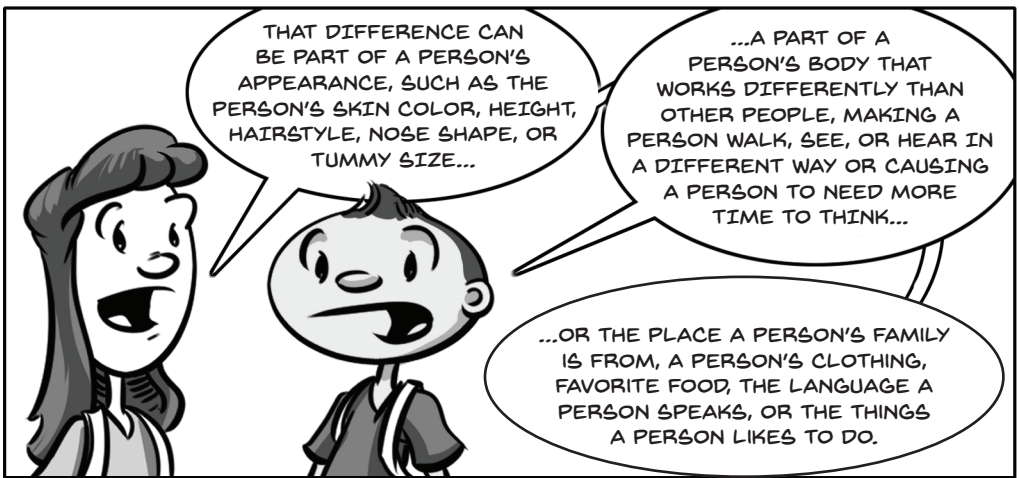
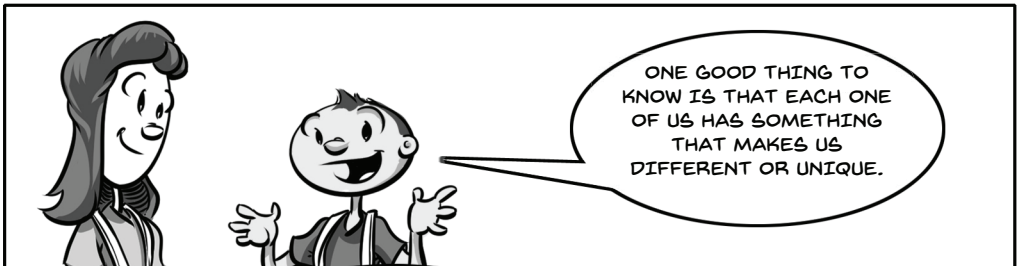
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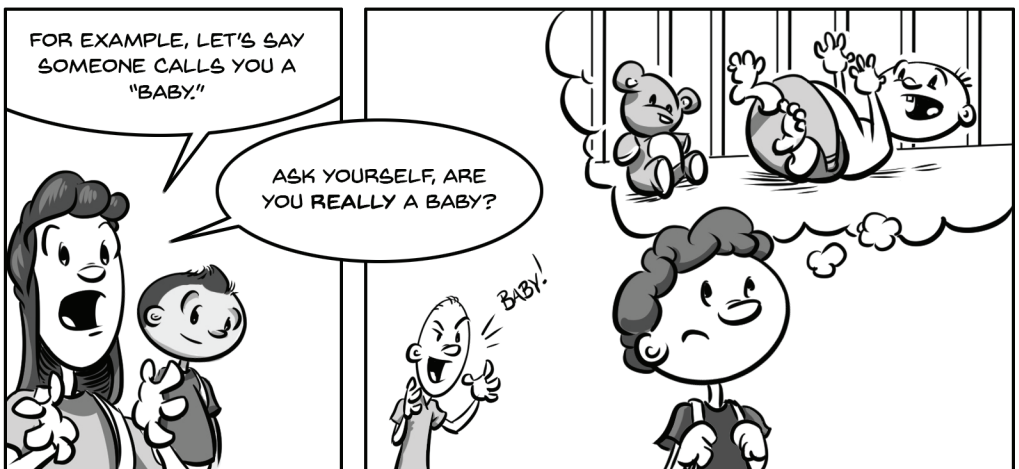
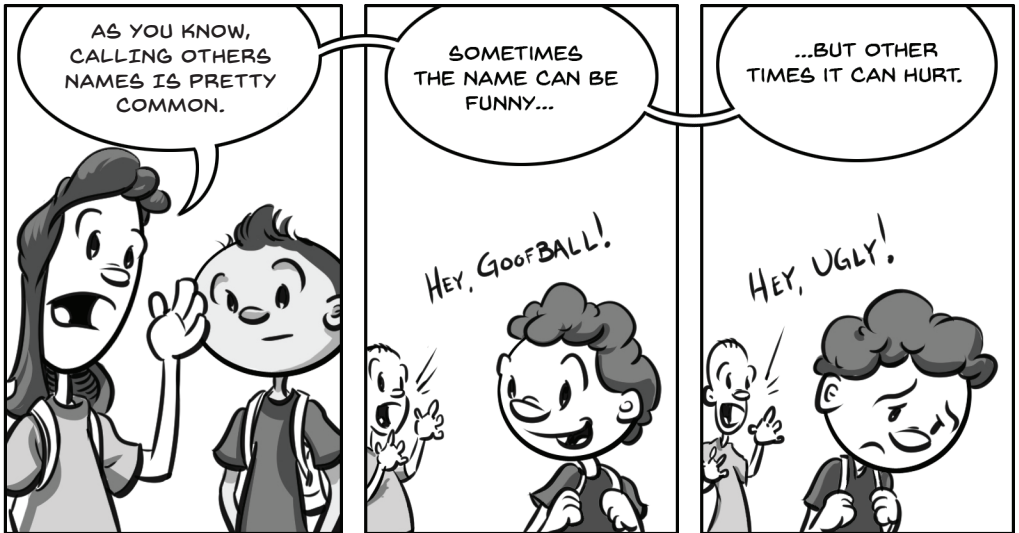
IN THIS GUIDE WE ARE  
GOING TO TALK ABOUT  
ALL OF THESE THINGS.



# Everyone Is Different



# If Name-Calling Makes You Upset



# BULLYING BASICS

LET'S  
TALK ABOUT THE  
BASICS OF BULLYING.  
WHAT EXACTLY IS  
BULLYING?



WE ALL  
KNOW WHAT  
PEOPLE DO TO  
BULLY ANOTHER  
PERSON. THEY...

CALL NAMES



MOCK



MAKE REMARKS  
ABOUT A BODY PART



MAKE REMARKS  
ABOUT SKIN COLOR



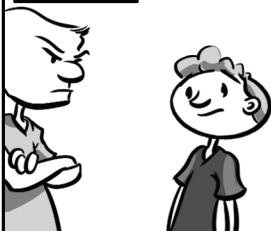
MAKE REMARKS  
ABOUT CULTURE



INTIMIDATE



GLARE



PUSH/SHOVE



EXCLUDE



WHISPER



SPREAD RUMORS



# Important Definitions

DON'T WORRY, THERE WON'T BE A QUIZ! BUT THESE WORDS WILL BE USED THROUGHOUT THE GUIDE, SO IT HELPS TO KNOW THEM.



WE DON'T CALL THE PERSON A "BULLY" SINCE THAT TERM IS A LABEL AND DOES NOT FULLY DESCRIBE THE PERSON.

## AGGRESSOR:

Person who does the bullying.



"AGGRESSOR" IS USED BECAUSE THE PERSON DOING THE BULLYING IS USING "AGGRESSIVE" BEHAVIOR. AGGRESSIVE BEHAVIOR IS ANOTHER WAY OF SAYING "BULLYING" BEHAVIOR. AGGRESSIVE BEHAVIOR INCLUDES PUSHING, THREATS, INSULTS, MOCKING, AND HARMING A PERSON'S FRIENDSHIPS.

A **TARGET** IS THE PERSON WHO IS HARMED BY THE BULLYING BEHAVIOR.

## TARGET:

Person who is being bullied.

ANYONE CAN BE A **TARGET** OF BULLYING BEHAVIOR, SO A MORE ACCURATE TERM FOR A PERSON HARMED BY BULLYING IS "HARMED TARGET." BUT TO KEEP THINGS SIMPLE, FOR THE REST OF THE GUIDE, WE'LL SIMPLY CALL A PERSON HARMED BY BULLYING A "TARGET."



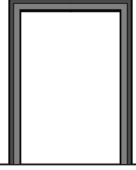
# Why Do People Bully?





SO WHY DO PEOPLE BULLY? AGGRESSORS WANT TO BE MORE POPULAR OR EARN RESPECT FROM OTHERS. THEY USUALLY AREN'T THINKING ABOUT HOW THE BULLYING MAKES THE TARGET FEEL.

GALLERY OF REASONS FOR BULLYING →



TO MAKE OTHERS LAUGH,  
WHICH CAN MAKE THE  
AGGRESSOR MORE POPULAR

TO MAKE THE TARGET  
**AFRAID**,  
WHICH CAN EARN  
THE AGGRESSOR  
**RESPECT**

TO  
DEMONSTRATE  
ONE'S  
POPULARITY  
BY MAKING  
OTHERS  
EXCLUDE  
A TARGET

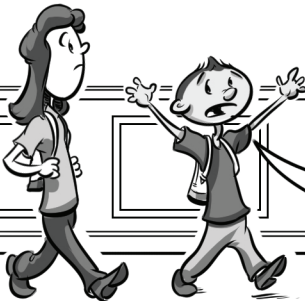
To reaffirm  
a group's  
membership by  
EXCLUDING  
the target,  
which makes  
the target  
feel rejected

TO PRESERVE  
ONE'S POPULARITY  
BY MAKING THE TARGET  
LESS POPULAR

AS A WAY FOR THE  
AGGRESSOR TO  
**GET  
SOMETHING**

TO  
**RETALIATE**  
FOR SOMETHING  
THAT OFFENDED  
THE AGGRESSOR  
BY MAKING  
THE TARGET  
**LESS  
POPULAR**

BECAUSE OF AN  
**ANGER PROBLEM**  
OR OTHER TYPE OF  
BEHAVIOR PROBLEM



AS YOU CAN SEE, ALMOST ALL OF THESE REASONS FOR BULLYING ARE TO PROVIDE AGGRESSORS WITH POPULARITY AND RESPECT.



# How People Bully and the

# TOP SECRET FACTS

# They Don't Want You to Know

KNOWING HOW BULLYING WORKS IS IMPORTANT, AS IT THEN ALLOWS INTENDED TARGETS TO PREVENT IT FROM HAPPENING IN THE FIRST PLACE AND TO STOP IT FROM HAPPENING IF IT IS IN PROGRESS.

REMEMBER, THERE ARE THREE WAYS THAT PEOPLE BULLY: PHYSICAL (INTIMIDATION), VERBAL (INSULTS AND MOCKING), AND FRIENDSHIP HARMING.

## PHYSICAL (INTIMIDATION)

AGGRESSORS SCARE TARGETS BY MAKING THEM THINK THEY WILL BE PHYSICALLY HARMED.

THE AGGRESSOR CAN MAKE THREATS...

...STAND IN AN INTIMIDATING WAY...

...GIVE MEAN LOOKS...

...AND PUSH AND SHOVE THE TARGET.

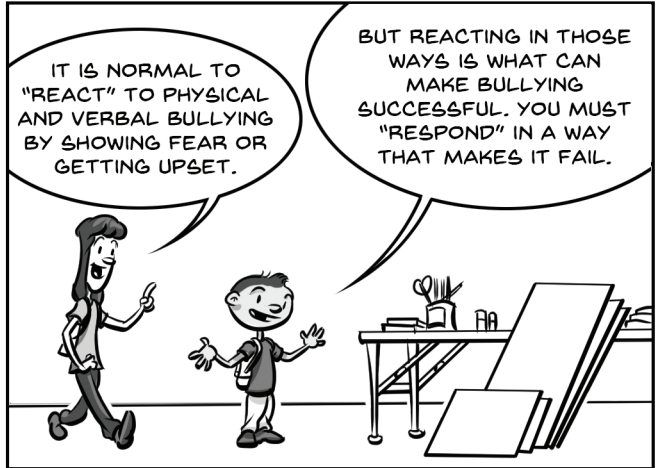
THE AGGRESSOR CAN BE BIGGER AND STRONGER.

BUT THE AGGRESSOR CAN ALSO BE SMALLER AND WEAKER.

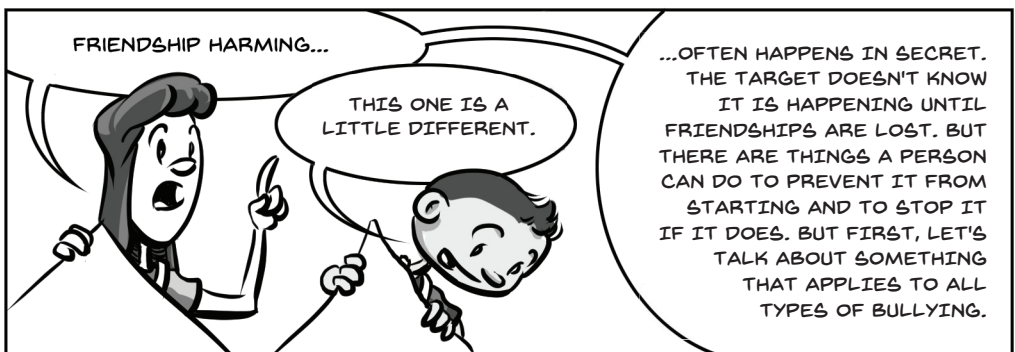
BUT HERE'S THE SECRET:

# BULLYPROOF YOURSELF:

## How to Keep Others from Bullying You



PHYSICAL BULLYING FAILS WHEN YOU RESPOND BY APPEARING UNAFRAID BECAUSE THE AGGRESSOR ONLY GETS RESPECT FROM THOSE WATCHING WHEN YOU ARE AFRAID. VERBAL BULLYING IS MUCH MORE EFFECTIVE FOR THE AGGRESSOR WHEN YOU REACT BY GETTING UPSET. AN AGGRESSOR GAINS POPULARITY WHEN OTHERS LAUGH, AND GETTING UPSET ENSURES THAT OTHERS WILL LAUGH. BUT IF YOU RESPOND IN A DIFFERENT WAY, LIKE BY APPEARING UNAFFECTED, OTHERS MAY NOT LAUGH, AND THE AGGRESSOR WILL NOT GAIN ANYTHING.




# Ways to Counteract FRIENDSHIP HARMING

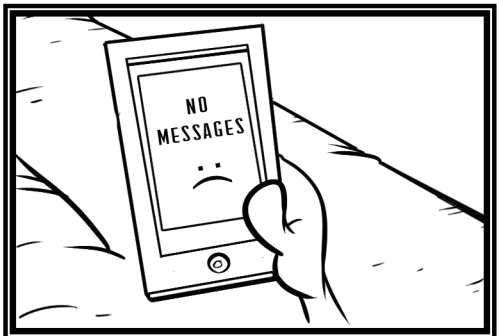
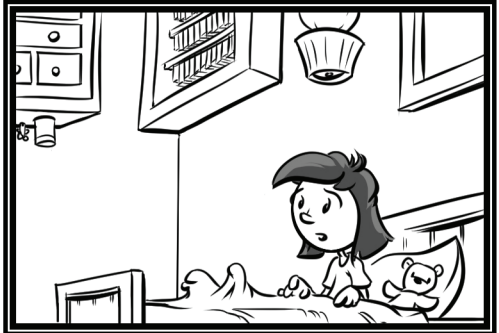


SOMETIMES, DESPITE EVERYTHING YOU DO TO PREVENT SOMEONE FROM HARMING YOUR FRIENDSHIPS, IT HAPPENS. HERE ARE WAYS TO RESPOND TO FRIENDSHIP HARMING THAT CAN HELP MAKE IT FAIL.

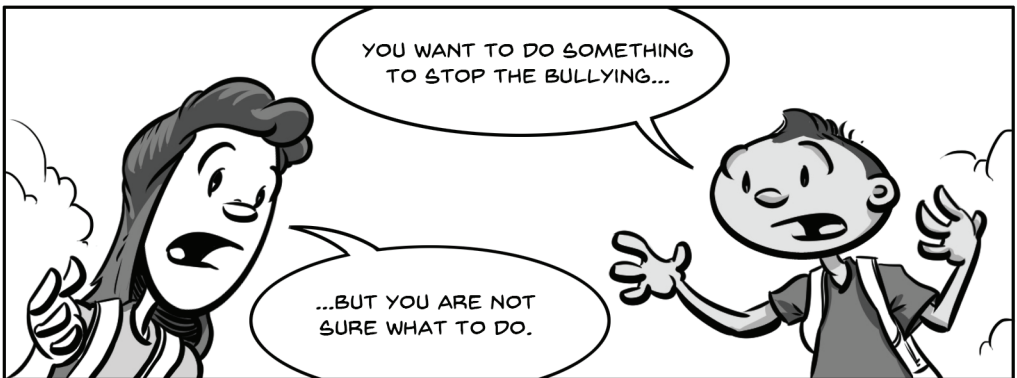
## IF SOMETHING FEELS WRONG, INVESTIGATE



YOU WAKE UP ONE MORNING. YOUR WORLD FEELS TURNED UPSIDE DOWN. FRIENDS ARE SUDDENLY AVOIDING YOU OR ACTING STRANGE.



# HOW TO HELP A BULLIED PERSON

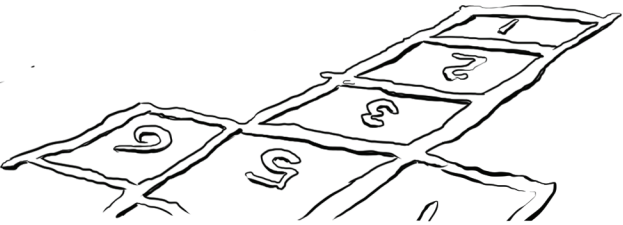




ONE MORE THING.  
DESPITE ALL THE SCHOOL RULES  
AND ADULTS TELLING YOU HOW TO  
BEHAVE, YOU AND YOUR CLASSMATES  
ARE REALLY THE ONES WHO DECIDE  
HOW YOU TREAT EACH OTHER.

IF YOU AND YOUR  
CLASSMATES ALLOW BULLYING TO  
HAPPEN TO ONE PERSON, THEN IT  
COULD HAPPEN TO ANY PERSON -  
EVEN YOU.

DOING SOMETHING -  
ANYTHING - TO HELP IS THE  
RIGHT THING TO DO. AND  
YOU DON'T NEED TO ACT  
ALONE. YOU AND YOUR  
FRIENDS CAN HELP AS A  
GROUP IF IT'S EASIER.



# IF YOU ARE BEING BULLIED OR FEEL LIKE YOU DON'T BELONG

DO YOU FEEL LIKE YOU DON'T BELONG OR LIKE THERE IS SOMETHING WRONG WITH YOU? DO SOME PEOPLE TEASE YOU OR IGNORE YOU? DO YOU FEAR SOMEONE WILL HURT YOU? HAVE YOU LOST YOUR FRIENDS, OR ARE FRIENDS EXCLUDING YOU AND YOU HAVE NO IDEA WHY? DO YOU FEEL LOST, SCARED, OR ALONE AND THINK IT'S YOUR FAULT? WHAT SHOULD YOU DO?



FIRST, YOU NEED TO REALIZE THAT SOMEONE OR A GROUP MAY BE BULLYING YOU, BUT IT ISN'T YOUR FAULT. NO MATTER WHERE YOU ARE FROM, WHAT YOU LOOK LIKE, OR WHAT YOU BELIEVE IN, NO ONE DESERVES TO BE BULLIED. BUT SOMEONE OR A GROUP OF PEOPLE ARE TRYING TO BECOME MORE POPULAR OR GAIN RESPECT BY BULLYING YOU.

SECOND, YOU NEED TO BELIEVE THAT THERE IS NOTHING WRONG WITH YOU. IF SOMEONE IS SCARING YOU, YOU ARE NOT WEAK. IF SOMEONE IS MOCKING YOU, YOU ARE NOT FLAWED. IF YOUR FRIENDS HAVE TURNED AGAINST YOU, IT'S NOT BECAUSE OF YOU. YOU DO FIT IN WITH YOUR CLASSMATES AND FRIENDS. EVERYONE IS DIFFERENT IN SOME WAY FROM EVERYONE ELSE. YOU DO BELONG.



# HEY, ADULT!

IF A YOUNG PERSON HAS JUST PRESENTED YOU WITH THIS BOOK, THIS PERSON HAS A PROBLEM AND NEEDS YOUR HELP. PLEASE PLEASE PLEASE SIT WITH THIS PERSON AND READ THIS SECTION. THIS PERSON NEEDS YOUR SUPPORT, AND THE NEXT FEW PAGES WILL TELL YOU HOW YOU CAN DO IT. ARE YOU SITTING WITH THE PERSON IN A QUIET ROOM WITH NO DISTRACTIONS?

IF SO, PLEASE  
CONTINUE READING.



# BORING ADULT STUFF

## WHAT YOU CAN DO ABOUT BULLYING BY MAX AND ZOEY

CONCEPT AND TEXT BY ARI MAGNUSSON  
ART AND LAYOUT BY GREG MARATHAS

### ACKNOWLEDGMENTS

A HUGE THANKS TO **MICHELE DAVIS**, PRINCIPAL OF THE WARREN PRESCOTT K-8 SCHOOL, BOSTON PUBLIC SCHOOLS, AND **DR. DOMENIC AMARA**, FORMER ACADEMIC SUPERINTENDENT FOR MIDDLE AND K-8 SCHOOLS, BOSTON PUBLIC SCHOOLS, FOR PROVIDING THE IMPETUS TO CREATE THE CIRCLEPOINT BULLYING PREVENTION PROGRAM, OF WHICH THIS COMIC IS A COMPONENT; **KAREN ELIAS**, KINDERGARTEN TEACHER, BOSTON PUBLIC SCHOOLS, FOR HER INVALUABLE FEEDBACK AND INSIGHTS; AND THE **TEACHERS, PARENTS, AND STUDENTS** OF THE WARREN PRESCOTT K-8 SCHOOL IN CHARLESTOWN, MASSACHUSETTS, FOR THEIR SUPPORT IN PILOTING THIS COMIC.

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### ABOUT THE AUTHOR

**ARI MAGNUSSON** WORKED FOR SEVEN YEARS AS THE BULLYING PREVENTION EDUCATOR FOR THE MASSACHUSETTS GENERAL HOSPITAL'S LIFE SKILLS PROGRAM OFFERED IN BOSTON, MASSACHUSETTS-AREA SCHOOLS IN THE UNITED STATES. AT THE REQUEST OF BOSTON PUBLIC SCHOOLS, HE CREATED THE CIRCLEPOINT BULLYING PREVENTION PROGRAM, WHICH WAS PILOTTED TO GREAT SUCCESS. FOR THE PAST DECADE, HE HAS BEEN TEACHING ABOUT BULLYING AT THE ELEMENTARY, MIDDLE, AND HIGH SCHOOL LEVELS IN PERSON AND VIRTUALLY. HE HAS WORKED WITH EDUCATORS ON IMPLEMENTING WHOLE-SCHOOL SOLUTIONS AND HAS HELPED EDUCATORS, PARENTS, AND STUDENTS RESOLVE INDIVIDUAL BULLYING PROBLEMS. HE HAS ALSO PROVIDED GUIDANCE TO HEALTHCARE PRACTITIONERS ON HOW TO SUPPORT THEIR PATIENTS AND THEIR CAREGIVERS WHEN THEY IDENTIFY A BULLYING ISSUE.

### ABOUT THE ILLUSTRATOR

**GREG MARATHAS** BEGAN HIS LIFE AS AN ARTIST ON HIS GRANDMOTHER'S FLOOR AT THE AGE OF SIX, CURLED UP WITH A PEN, PAPER, AND ART INSTRUCTION BOOKS. A LIFELONG CRAYOLA ADDICT, HE HAS SINCE BRANCHED OUT INTO VARIOUS DIGITAL AND TRADITIONAL ART-MAKING TECHNIQUES, THOUGH PENCILS AND CRAYONS WILL ALWAYS RETAIN A SPECIAL PLACE IN HIS HEART. HE RECEIVED HIS BFA IN ILLUSTRATION FROM LESLEY UNIVERSITY COLLEGE OF ART AND DESIGN.



# LEGAL MUMBO JUMBO SECTION

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THIS GUIDE CAN BE USED AS A STAND-ALONE RESOURCE OR AS A COMPONENT OF THE CIRCLEPOINT METHOD. FOR MORE INFORMATION ON THE METHOD, OR FOR MORE INFORMATION ON BULLYING IN GENERAL, PLEASE VISIT THE CIRCLEPOINT BULLYING PREVENTION RESOURCES WEBSITE AT [WWW.CIRCLEPOINTBULLYING.COM](http://WWW.CIRCLEPOINTBULLYING.COM).