

## **"What Men Know" #28 Anti-Bully Offensive - Do Not Be The Victim**

### **Walk About With A Fist.**

- Let your fist arm hang loose at your side. Relax your fist.
- Make a fist if you wear gloves.
- When a bully looks your way hard squeeze your fist at your side.
- Frown or smile (show no teeth) at the bully.
- Practice at Home - In Front of The Mirror, Too.

### **Say, "Stop Disrespecting Me" (Girls, this is good offense for you, too. Use it.)**

- Look the bully/bullies square in the eyes.
- Calmly say, "Stop Disrespecting Me".
- Speak loudly. Do not scream.
- Say, "Stop Disrespecting Me", two or three times.
- Practice at Home - In Front of The Mirror, Too.

Do not be shy. Shyness is a waste of time. Lighten your backpack load.

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