

"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.

