



Awareness

- Learning to read a dog's body language and talking about how that translates to human body language, empowering the child to avoid being caught in the moment.
- Discussion: Charts, illustrations, examples with your therapy dog

Standing in Sunlight

- Describe how dogs react to strangers?
- How do dogs react to threats?
- What do feral dogs do to keep themselves safe from aggressive dogs or uncertain situations?
- What can you do to avoid a potentially unsafe environment?
- Do not be afraid to call attention to a bully's actions. Be ready to report them to the proper authorities.

Safe Places

- Where do you think (your therapy dog's name) feels safe? Is it a place, or being in the company of certain people?
- Where do you feel safe?
- Is there a way to expand the number of places that you feel safe?

Respect

- Sometimes treating a bully with the same respect you expect for yourself sends a positive message.
- How do you think a dog reacts to being yelled at?
- How do you think a dog reacts to being treated badly?
- Psychologists tell us that while some bullies are just mean people, most bullies are just trying to make themselves feel more powerful by controlling or picking on smaller or younger people.
- Can you help a bully to find a better way to feel better about their self?
- Is it your responsibility to help a bully feel better about himself? No, but if you develop a relationship based on equality, the bully might find a different way to express themselves
 - Example: Observe how (your therapy dog) reacts to kindness, respect and love

Positive Attitude

- Don't look or act like a victim. The effect a happy friendly dog has on people versus the feeling you get from a scared or unfriendly dog.
- How does (your therapy dog) look when he comes into an area, or when he meets new people?
- The way you walk influences how others perceive you.

- Your posture influences how others perceive you.
- Your voice influences how others perceive you.
- This does not mean you have to look or sound tough, you only need to have confidence in yourself. Having a positive attitude does not mean that you have to be bigger, meaner or stronger than the bully.

Self-Control

- Only you control our own happiness - do not give that power to other people.
- What does this mean?
- How do others react when we are: happy; relaxed; angry, scared, shy, loud or pushy?

Positive self-image

- Wise quote *"How do you expect others to believe in you if you don't believe in yourself?"*
- How do you feel about yourself when you are laughing?
- When you are surrounded by friends?
- When people include you in activities?
- When others ask your opinion about something?

Perseverance

- Just as it takes time and practice for a dog to learn a new skill, dealing with bullies means learning and practicing new skills.
- Do not expect to learn everything, or change your life over-night.
- Just remember to keep learning something new every day.
- Practice takes time and patience.