



## Kids Who Bully, Beware

As the kids came into the “Cool Kind Kid” class, Ms. Gilmour greeted each with a question. To Tanner, Nicole and Rudy she asked, “Are you tough enough to be kind?”

To Carmen, Stephen and Truman the Dragon, she asked, “Are you cool enough to be KIND?” The kids all looked at her funny, since they hadn’t even said “hello” yet. She then said, “Hello,” to each child and waited to hear how they would respond.

Each one said, “Hello,” to Ms. Gilmour and replied, “YES!” “Yes, I am!” “Yes, me, too!”

Tanner looked at her and said, “I know what you’re doing. You are challenging us so we can challenge other kids.”

Rudy added, “If we don’t believe in the challenge, how can we get other kids to be part of it?”

“Right on,” added Stephen.

Ms. Gilmour smiled and said, “You are so smart.”

Truman was thinking about Ms. Gilmour’s challenge to the kids here and how excited they got when she asked if they were cool and tough enough to be kind. “It can’t be too hard to get kids onboard,” Truman said. “I think we should focus on the bullies first.”

“I agree,” said Nicole. “If we can get them onboard, we won’t have to worry about the kids being bullied because it will stop.”

Carmen added, “And we won’t have to worry about the ones who see bullying and don’t do anything because there won’t be any bullying to watch.”

Ms. Gilmour then asked another question. “Why do you think some kids bully or are bullies?”

Truman thought about that and said, “I like that you said ‘some kids bully,’ meaning they don’t do it all the time. They may do kind things sometimes, too.”

Rudy offered, “Calling them ‘bullies’ is no different from them calling other kids

fat, skinny, dumb or any mean name.”

Ms. Gilmour added, “That is putting a label on someone, which can lead to the bullying.”

Tanner said, “No one can be a bully all the time. They have to be nice sometimes.”

Nicole tilted her head, and looked like she was figuring out something when she said, “We need to find out what makes someone do hurtful or bullying things. We need to let them know it’s okay to be kind. I think they all need a friend.”

Stephen shared, “I know a kid who bullies because he is bullied in his neighborhood by older kids. I try to be his friend.”

“My friend’s dad bullies him, so he thinks he’s showing how tough he is when he bullies. But I know it hurts him. I can show him that being tough is really about being kind,” added Rudy.

Truman stood up and said, “Kids who bully, beware! The Cool Kind Kids are going to be your friends! We are going to show you that you don’t have to bully. We’ll help you see that you can be tough and cool just by being kind.” Everyone was excited to begin the challenge.



*Barbara Gilmour, Tanner’s grandmom, is the creator and developer of the “Cool Kind Kid” Social Skills, Character Values and Anti-Bullying educational materials and the award-winning “Cool Kind Kid” Audio CD. She also writes the Children’s Manners Blog, offering tips for teaching your children manners and social skills. [www.CoolKindKid.com](http://www.CoolKindKid.com).*