

Life Skills—Improving Your Character

We have all been in situations where we have not behaved toward someone as we should have, or perhaps you may have been the victim of such treatment. Sometimes we behave this way because our friends are doing it, or possibly because it makes us feel somehow superior. But often, it is because we don't know how to react to the person's personality, disability, or differences. In this activity, you will be practicing some techniques to help you better understand how someone might feel if they were mistreated, and you will discover some techniques for dealing with the "bully" type.

*Directions: Read each quote, then write a positive reaction that could be used to deal with the teasing. Try to use your **sense of humor**, which is one of the best ways to throw a bully off guard. If joking won't work in a particular situation, think of something you could say to **help the bully feel compassion and concern** for their victims, instead of picking on others. (You may be called on to demonstrate your answers in front of the class.)*

(P. 7) "Hey you, Doofus! Yeah, you with the hairy face, take it easy with that box. That box contains a computer, you know what a computer is?" _____

(P. 29) "Hey, you! Mutt and Jeff! Frankenstein and Igor! Don't look around, I'm talkin' to you, boneheads. What is this, a freak show?" _____

(P. 35) "You! The freak! You and that giant retard, I'll cut you down to size. Dice and slice, baby! Freak show time!" _____

(P. 76) "Forget it, Mrs. Donelli, his brain is in his tail! Ask him to count, he can paw the ground!" _____

(P. 81) "As you know, heh heh, my personal opinion has always been that you're lazy and stubborn and you didn't *want* to learn." _____

(P. 109) "Now your grandparents say you're nothing but a dysfunctional retard, but no kin of mine is a retard, and that's a fact. So first thing, you've got to start acting smart. Use your head. We've got a situation going here, boy, so the way to handle it, you just do exactly what I say, no matter what. Understood?" _____

(P. 121) "You can't trust a cripple, but I guess you know that now, don't you?" _____