

I am safe inside—Protection Against Bullying

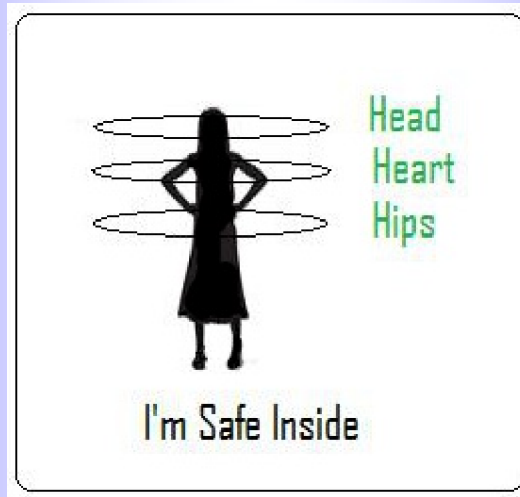


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If I had \$10 for every hour lost each year to our children, parents and teachers - and sadly some adults are targeted too - due to Bullying, I **would be richer than Bill gates and Yoko Ono put together!!**

I got bullied at school in a boarding house with 60 kids.

Why? Because I was sad!

No one - fellow student or teacher - ever stopped or bothered to ask me WHY I was so sad? My fellow boarders just kept doing it - and thinking it was a great 'sport'!

Bullying often has devastating effects upon the one being bullied. **It can lead to personality change, depression and Suicide!**

Unfortunately bullying and bullies are not going to go away any time soon!

So I have devised this exercise which may possibly help to give some children the protection against bullying - which many of us older ones never had!

It can be very helpful for older people as well - see below.

Good Luck!!
Tim Barritt. xxx
earthangel181 6.5.11.



I'm Safe Inside

Emotional Protection against Bullying for young people.

Also for Harsh / Unwarranted Criticism - and other 'Bad Things' - happening in their world.

If you do not have any hula hoops, I got mine very cheap from my 'Big W', they were on 'special'! If not '*beg, borrow or steal!*'

This exercise uses 3 hula hoops '*placed*' around the 'Head, Heart and Hips'.

- To initially set up a 'visual barrier'
- Inside of which a child can know that they can choose to be safe
- Which can then become an 'emotional barrier' so
- **The next time they get called 'A Piece of Sh**'**

- **They immediately see an image of their '*protective hoop*'**
Not one - of their '*shattered*' head or heart!

'I'm safe inside' is based on the following presumptions...

- **Bullies are always going to be part of our world,**
- **Unkind / unwarranted criticism will be part of it too and**
- **They will sometimes encounter 'bad things happening'**
- Either in real life or

In the many forms of media which they are exposed to.

And emphasises that

- **Bullies are 'NOT NICE PEOPLE' who do and say**
- **NOT NICE THINGS and**
- **WE do NOT have to pay any attention to what**
- **These NOT NICE PEOPLE SAY.**
- **Children can choose to make the space inside their hoops**
- **Safe Inside' from Bullies.**

Can be used by

- Teachers in classroom
- Or one on one
- Parents / Caregivers
- Therapists / Professional / Councillors
Individuals

Is simple to

- Teach / use / apply
- Not too complicated for teacher or student
- Particularly useful tool for Parents / Caregivers in some situations
- Where school actions / programs are not working,
- i.e. **Can be taught independently in the home away** from the school.

Is

- Non religious and
- **Exercise can be infused with**
- **Both 'fun' and 'humour' as required.**
- Can perhaps be combined with other activities
- E.g. '*Stranger Danger*' – '*My Body's Nobody's Body but Mine*', Gym etc.

Is NOT

I'm Safe Inside is NOT intended to...

- **Stop Bullies or Bullying**
- **Solve any of a child's other emotional problems**

But can be particularly useful with more sensitive and gifted people

- **Who very often become the targets of Bully's and**
- **Are usually much more susceptible**
- **And often need more complex emotional protection.**

But it CAN be adapted for other 'Emotional Boundary Issues' like putting boundaries around ...

Relationships

Work

Problems

Worries

For more info here please feel very free to contact Tim on 0402018163 or through www.earthangel181.com



I'm Safe Inside

Lesson 1

Teaching Personal Boundaries and Emotional Protection.

One on one, 4 hands can hold 3 hoops to 'get the visual idea'!!

In a class situation, one child can stand out the front...

- While 3 others hold hula hoops around his / her
- Head, Heart and Hips
- The teacher says just a few short introductory words about them and
- How 'Safe' the space inside can be if they choose to make it so.
- At the end of lesson, this is repeated
- So children can see
- With their 'new understanding'
- Of how they can be 'safe inside'.
- **End result, next time they get called ' A piece of sh**!**
- They see and start thinking about their hula hoop first, NOT their "shattered" head and heart!

Hips.

We start 'at the bottom' - our reproductive and 'body waste' area - because this needs basic protection, and is also the best place to start.

This is because the concept of personal boundaries around hips is instantly, fundamentally easier to grasp than keeping 'bad stuff' out of their heart or head.

It is traditionally the 'most vulnerable' part of our anatomy. Fortunately, there is plenty of good education - AND good legals to support this lower Hula Hoop, as follows...

- "Stranger Danger"
- "My body's...no body's body but Mine."
- Excluding medical exams, medical etc...
- This area is totally and permanently 'off limits' to anyone else,
- Until the young person should choose
- To let someone else inside it.

So when the hoop is 'in place' around their hips - they should always know they can be in complete control of who enters this special place.

Head.

Note order 'up the body' is changed here. Good reason.

- *Because if 'the head' is well protected,*
- *Looking after their most precious heart*
- *Is just so much easier because*
- *Same rules apply!*

Unlike 'Hips',

- *There are no laws or legal's*
- *To stop any 'Not Nice Person'*
- *In Particular Bullies*
- *Invading and intruding*
- *Into their precious head or heart.*
- *Also violence, suffering, world events etc.*
- *In the media, in particular on T.V news etc.*
- *Or in their own 'real life' trauma.*

So good protection is essential here!!!

Some time and effort needs to be devoted to explaining the concept of Bullies being

- *'NOT NICE PEOPLE'*
- *Who do and say 'NOT NICE THINGS'.*

NOT NICE PEOPLE do NOT have to be taken notice of.

This is a good time to emphasise how important it is

- *To 'tell someone you trust'*
- *Just as soon as bullying starts*
- *So the person is NOT and never 'alone'!!*
- *And always feels that they have support.*

The following are some simple ways *heads* can be invaded...

- *This work of yours is totally useless...*
- *You look like a girl (boy)*
- *You're 'totally useless'...*
- *'You're a homosexual...'*
- *The list of course is endless!!!*

All of the counter sayings to “100 ways to praise a child” with which we are all very familiar... and work so hard to put into our wonderful young children.

So, inside this ‘Head Hula Hoop’ children need to know they can choose to be safe from all this because...

- They are or can be in total control of what is let in inside of their hoop and...
- How they process this information.

- e.g. “Mr Shipper (teacher) said my work was not ‘up to speed’ –
- “It was not that bad, but I admit it could have been better, no problem, I will try a little harder next time - but maybe Mr Shipper was also having a bad day...”

- OR “Class bully says ‘you’re just a ‘weirdo’...”
- This is a ‘Not Nice person’...
- I do not have to spend my time worrying about what ‘not nice people think, do or say”.

- Bad stuff happening... in the world, on the news...rape, violence, murder etc...
- The hoop is the ‘visual barrier’ for the child to keep this out of their mind,
- Child may like to sleep with a hoop beside their bed to remind them at night!!
- “I do not have to let this ‘bad stuff’ in to my hoop, and so I do not have to worry about it at night when I cannot sleep.”

- The child can allow trusted people like Mums, Dads, Teachers and Best Friends etc. in to this ‘hula hoop’, to help and to assist in processing etc..

Heart.

Note that for Women / Girls - this hoop protects their 'breast area' as well.

Same as above but this hoop is 'The Magic Hoop'...

It can, if you choose to let it - keep bad stuff out

- " I don't love you anymore"
- You're just useless...
- You're no good at anything...
- No one loves me anymore
- I'm totally worthless...
- For older people...
- I want to die...
- I want to harm myself...

It can let good stuff in

- I love you. Heaps. xxx
- Plenty of people love me. Heaps. xxx
- I am a very valuable person. Just because I am. xxx
- Someone always loves me, just because I am. xxx
- I am NEVER alone!!
- I feel terrific...
- Life is 'just terrific', I am so, so happy – the world is such a wonderful place...

Before concluding,

- 'Replace' the 3 hoops
- To 'visualise' and reinforce
- This new concept of choosing to be
- 'Safe Inside'!



I'm Safe Inside

Lesson 2

'More Advanced' for older Children and Adults...

Letting the Love in. And letting the Anger out!

Always, always *where there is Love there will be Anger!* This needs to be 'let out' in appropriate, non violent ways.

Letting The Love In.

When someone gives you Love or a compliment...

- "I love you... heaps..." **Make good eye contact if possible with who is saying it, and 'let is right in' to both your "Head and your Heart!"**
- "That poem you wrote was just fantastic..." **As above and**
- **Acknowledge the compliment at least once...**
- **Always let it RIGHT IN!**
- **To your head and your heart!**

Letting the Anger Out.

- **I smash bottles - wearing gloves and eye protection - in a place where no one will see me,**
- **or hear me yelling the 'terrible things' I say!**
- **I also play squash. Sometimes I hit the ball – at the wall! - VERY, VERY hard!!**
- **There are plenty of very safe ways to let your anger out which do no harm to anyone.**
- **Ask a trusted person for some ideas if you are stuck!**

But remember, the worst thing you can ever do... is keep it inside of you. It can do BAD things to you if you let it!

Tim Barritt. 11.5.11. xxx



Special thanks to Ann Prescott for '**Letting the Love in, and the Anger out**'.

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