



POWER TOOLS

**TAKE A STAND
AGAINST BULLYING**

By Heather Altena and Ron VandenBurg



You can use this booklet by yourself, but it was designed to be shared with friends and family. We encourage you to discuss *Power Tools* with someone you trust.

In the *Kids Corner* episode "**There's an Ape for That,**" tough guy, Skink and his gang are bullying Scooter, Morrie, and their new friend Kenan. The three boys feel embarrassed, angry, and afraid of what might happen next. Unsure of how to make the bullying stop, the boys try to take revenge. Have you ever witnessed or been a part of a bullying situation like this? You've probably opened this booklet because you or someone you know has been bullied. And because of the bullying, you too may feel afraid, sad, angry, confused, or embarrassed.

WHAT IS BULLYING?

Bullying is not part of God's good design. God intended human beings to live in community with him and with other people, but when sin entered the world, people started to seek power over each other. Experts define **bullying as the unwanted and often repeated use of force, threat, exclusion, or ridicule, to abuse, intimidate, or dominate others**. Bullies act aggressively because they want to prove that they have more physical or social *power* than the people they bully.

WHAT CAN WE DO?

We live in a society that values power. When Skink bullied Scooter, Morrie, and Kenan, their first thought was to use their own power to get revenge on Skink. But Leviticus 19:18 (NIV) says "Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the Lord." Loving our neighbors as ourselves means loving our neighbors AND ourselves. God gives us his power to stand up to injustice when we, or someone else, are victims, and we must be sure we use his power honorably. In the following pages, you will find stories and advice about bullying from four different perspectives:

- Power Tool #1: God and Me
- Power Tool #2: Friends Helping Out
- Power Tool #3: Have I Bullied Someone?
- Power Tool #4: Everyone's Connected

As you listen to and read the following stories, watch for power: Who has it? Who needs it? Who helps to balance it out? Look for ways that you can help restore God's vision of community.





POWER TOOL#1:

GOD AND ME



MEMORY VERSE

“The king will answer, ‘Whenever you did it for any of my people, no matter how unimportant they seemed, you did it for me.’”

MATTHEW 25:40, CEV

How God Created It To Be

How does God want people to treat each other?

God created all people in his own image. Matthew 25:31-40 says that when you care for others, no matter how unimportant they seem, it is like you are helping Jesus himself! Imagine if we treated each person we encountered like they were just as important as Jesus. No one would ever feel unimportant or left out. You too were created in God's image. God values you as unique and special.

How It Is

LISTEN

WHAT A FRIEND

In *Kids Corner's* "What a Friend" episode, a group of kids are bullying Scooter at school and he decides to get back at them. But before he gets the chance, Grandpa Anoli introduces him to a friend who will never let him down.



AFTER LISTENING, TALK ABOUT THE POWER:

1. When Scooter tried to tell someone what was happening, why did people seem not to listen?
2. In what ways did Skink use power against Scooter?
3. How did the community fail to help Scooter?
4. How did Grandpa give power to Scooter?

How It Could Be

WHAT DO I DO IF I AM BEING BULLIED?

KNOW WHAT IS TRUE:

- Bullying can be any kind of physical attack, verbal abuse, or mean posts or comments on social media.
- You may feel ashamed or embarrassed, but **if someone bullies you, it is not your fault. No one deserves to be bullied.**
- God made you unique and special ([Psalm 113:13-14](#)). It breaks God's heart and angers him to see someone hurting you ([Psalm 18:7-8](#)).
- Even though you cannot see God, he does not leave you alone in your trouble and he is your great defender ([Psalm 91:14-15](#)).
- Revenge may be tempting, but it usually only works in movies. Jesus tells us that getting revenge is not what he wants us to do. Check out [Matthew 5:44](#) and [7:12](#).

WHAT YOU CAN DO:

Bullies want power, but there are ways you can take that power away.

In any bullying situation, whether physical, verbal, or online, do these things:

- **Pray.** Ask God for help and then be confident that God will help you! God's help can take many forms: an adult suddenly shows up, something distracts the bully, the bully loses interest or has a change of heart, or almost anything.
- **Try your best to control your own reactions.** Reacting in anger only gives the bully more power.
- If a bully threatens you physically, **appear confident, don't make your own threats, walk away, and don't look back.**
- If someone tries to hurt you, **defend yourself as best you can** (if possible, without trying to hurt the person back), **call for help, and try to get away.**

Tell an adult who you trust about what's been happening! Don't keep bullying a secret. God put adults in your life for a reason. They have the power and responsibility to take the bully's power away. If the first adult doesn't listen to you, tell another one until someone helps you.

Talk to friends and classmates you trust. They can support you. Again, don't let the bullying be a secret.



PRAY

Dear God, sometimes I'm afraid. Sometimes I wish I had more power or that I had my own personal superhero so that no one could hurt me. But God, you are more powerful than any superhero, and you are always by my side. Help me to remember that the next time I am afraid. Help me to call on your power to walk away from the bully. Give me courage to tell someone what is going on. You have told me, "Don't be afraid. I am with you. Don't tremble with fear. I am your God. I will make you strong...I am holding your hand, so don't be afraid. I am here to help you" (Isaiah 41:10-13). Thank you for keeping your promises. Amen.

CHALLENGE ACTIVITY

It can seem difficult or scary to tell an adult about bullying. To help you get ready, it may be helpful to write down what you would say—like a script. If you were Marco or Scooter, what would you write down? Look back at their stories. Use the storyboards below to help you. Use specific words. "Skink has been bullying me" or "Skink has been really mean to me lately" is better than "Skink has been acting weird." Give some examples of words or actions that hurt. Say how long it has been going on. If you are being bullied, write your own script.





POWER TOOL#2:

FRIENDS HELP OUT



MEMORY VERSE

"Don't be jealous or proud, but be humble and consider others more important than yourselves. Care about them as much as you care about yourselves."

PHILIPPIANS 2:3-4 CEV

How God Created It To Be

Think about how a good team works together.

1 Corinthians 12:14-26 describes how the Body of Christ fits together, but it could also describe how a great sports team works together. Every member has a different job with no member more important than any of the others. Each team member needs and supports the others. When one member hurts, the whole team hurts; and when one person succeeds, the whole team celebrates! Sadly, teams of people don't always work well together in the way God intended. How should we respond when we witness someone being bullied?

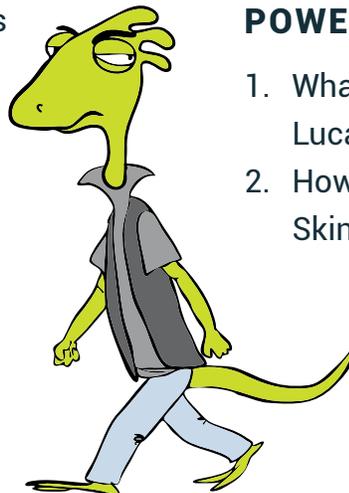
How It Is

LISTEN



ALL FOR ONE

In *Kids Corner's* "All for One" episode, a new kid joins Liz's class. His name is Lucas and he has red skin. Skink uses this as an excuse to bully Lucas because he is different. But Liz and the rest of the gang decide to frustrate Skink's plans.



AFTER LISTENING, TALK ABOUT THE POWER:

1. What did Liz and Lucille do when they saw Lucas being bullied?
2. How did their actions take power away from Skink and his friends?

How It Could Be

HOW CAN I HELP SOMEONE WHO IS BEING BULLIED?

KNOW WHAT IS TRUE:

- God tells us not to go along with or seek the approval of wrongdoers (Proverbs 24:1-2). A bully *is* someone who is doing wrong!
- God wants us to stand up for those who are in trouble (Micah 6:8).
- God wants us to be courageous; the Holy Spirit gives us what we need to do what is right: "God's Spirit doesn't make cowards out of us. The Spirit gives us power, love, and self-control" (2 Timothy 1:7 CEV).

WHAT YOU CAN DO:

- **Do something!** Doing nothing when you see someone bullying another person gives power to the bully. You can choose not to give power to a bully. By doing something, you can even give power to the person being harmed!
- **Help someone being bullied get away.** If it is safe, go up to the person being bullied and make an excuse for them to get away. Don't talk to the bully, just the one being harassed. Even take them by the arm and lead them away if you can. If the bully has no one to pick on, the power goes away in the situation.
- **Don't laugh along, and encourage others not to either.** This can be hard if the bully is one of your friends or someone you admire. If you hear gossip or put-downs or see someone being mean, try looking puzzled or disgusted and say something to encourage others not to laugh. If bullies don't get immediate, positive encouragement, they may try another joke, but when their admiring audience fades away, so does their power.
- **Tell a trusted adult!** God puts us in communities to help each other. You are part of that helping community, and of course, so are adults. Even if an adult is not in a position to help the person being bullied, they can help you find another adult who is.

PRAY

Lord, forgive me for the times I've looked away or laughed along when others were being hurt. Thank you for putting us in communities where everyone has value and purpose and everyone has the power to help each other. Give me the courage to stand up for those who need help, so that the whole community is strengthened. Amen.



CHALLENGE ACTIVITY

Below is a brainstorming list with ideas for how you might help a victim of bullying. Read over these examples and then brainstorm your own!

| HELP THE VICTIM GET AWAY | ENCOURAGE OTHERS NOT TO LAUGH | TRUSTED ADULTS YOU MIGHT TELL |
|--|--|--------------------------------|
| "Hey, time to go to class, will you walk with me?" | "Wow, that's harsh. Don't you agree?" | One of your parents. |
| "I think Mr. So-in-so needs to see you. We better go." | "Ugh! Not cool! Come on guys, let's go." | A teacher or school counselor. |
| "Will you come and help me with my jump shot?" | "Say what? Really? Not funny." | A coach. |
| | | |
| | | |
| | | |



POWER TOOL#3:

HAVE I BULLIED SOMEONE?



MEMORY VERSE

"One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother."

PROVERBS 18:24

How God Created It To Be

How should we treat others?

God gave us specific instructions about how we are to live together in community. Colossians 3:12-14 says, "Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity." This is God's perfect plan for us. However, we don't always do the right thing and we may not even realize when our actions hurt others.

How It Is

LISTEN



CLOSER THAN A BROTHER

In *Kids Corner's* "Closer than a Brother" episode, an extended absence from school puts Lucille on the outside of the circle of girls in her class who decide to exclude her and bully her with mean words. Where does Lucille go for encouragement?



AFTER LISTENING, TALK ABOUT THE POWER:

1. List the ways that Lacey and her friends bullied Lucille.
2. At the end of the story, what reason did Lacey give for bullying Lucille?
3. How do Lacey and Lucille restore their relationship?

How It Could Be

WHAT IF I AM A BULLY?

KNOW WHAT IS TRUE:

It matters to God how we treat others.

- As we learned in Power Tool #1, God made everyone unique and special (Psalm 113:13-14).
- Micah 6:8 shows that God expects us to use our power to help others: "The Lord has shown you what is good. He has told you what he requires of you. You must act with justice. You must love to show mercy. And you must be humble as you live in the sight of your God" (NIRV).
- God loves you and will help you change your attitude if you've bullied someone (Ezekiel 36:26-27).

WHAT YOU CAN DO:

If you think you bully others, it's not too late to change!

- Ask God, "Do I need to feel tough or powerful? Do I threaten people or make fun of someone publicly?"
- Think before you act. If you feel like hurting someone, or saying or posting something mean online, remember Jesus' command to love each other.
- Talk to a trusted adult about the reasons why you might bully others.
- **This part is very important.** If you have hurt someone by bullying them, ask a trusted adult how you might humbly ask that person to forgive you.

PRAY:

Creator God, you are the ultimate source of power. You made the whole creation and then shared your power with people for the good of all creation. Forgive me, Lord, when I use my power to control others and even to hurt them. Help me to remember to treat all people the way I would want to be treated. Amen.



CHALLENGE ACTIVITY: SPEAKING IN COMMUNITY

Do you use social media? Look through some of your texts, snaps, posts, and comments. Are your words and images full of “compassion, kindness, humility, gentleness and patience”? Are your words giving power to other people or to yourself?

Sometimes, it can be a little too easy to text, tweet, or post mean words and images online. Write this verse on the note cards provided below:

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen”
(Ephesians 4:29).

| | |
|---|---|
|  | <p>“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen” (Ephesians 4:29).</p>  |
|  |  |

Tape one note on the edge of your computer screen to remind you how to treat others when you are online. Put notes on other devices you use like your tablet or video game console. Maybe even put one in your desk or locker. You can also write this verse directly on the wallpaper or homescreen of your cell phone.

Every time you read it, may this verse remind you to always use your power to build up and benefit other people!



POWER TOOL#4:

EVERYONE'S CONNECTED



MEMORY VERSE

"My friends, we beg you to warn anyone who isn't living right. Encourage anyone who feels left out, help all who are weak, and be patient with everyone. Don't be hateful to people, just because they are hateful to you. Rather, be good to each other and to everyone else."

1 THESSALONIANS 5:14-15 CEV

How God Created It To Be

In 1 Thessalonians 5:14-15, the apostle Paul tells us how to live in community. We must encourage each other to do what is right and warn others when they are not living right. One way we do that is to call out anyone who bullies others. If we see bullying happening, we need to step up, and defend the weak. **Think about how a community that is "good to each other" fights against bullying.**

How It Is

LISTEN



TOMMY TWOTOAD

In *Kids Corner's* "Tommy Twotoad" episode, Miss Wattle asks Lucille and Liz to befriend a

new kid at school. The problem is that Liz thinks the new kid might just be the most annoying lizard he has ever met. How can Liz help this obnoxious lizard make and keep friends?



AFTER LISTENING, TALK ABOUT THE POWER:

1. At the beginning of the story, why are Liz and his friends trying to avoid Tommy Twotoad?
2. At the end of the story, what changed Liz's opinion about Tommy?

How It Could Be

HOW CAN I INCLUDE OTHERS IN COMMUNITY?

KNOW WHAT IS TRUE:

In the Bible, Jesus set an example for us about including others in community and showing all people how they are valuable to God.

- Jesus ate with sinners and other outcasts, saying, "I didn't come to invite good people to be my followers. I came to invite sinners" ([Mark 2:15-17](#)).
- The Jewish culture of Jesus' time did not always value women very much, but Jesus did. Before even telling his disciples, he told the Samaritan woman that *he was the Messiah* ([John 4:25-26](#)); and his first appearance after his resurrection was to another woman, Mary Magdalene ([John 20:11-18](#)).
- [James 2:3-4](#) tells us to always include others and treat them equally, "You must not give the best seat to the one in fancy clothes and tell the one who is poor to stand at the side or sit on the floor. That is the same as saying that some people are better than others..."

WHAT YOU CAN DO:

When you want to help someone who looks left out:

- **Look beyond first impressions.** First impressions are quick and often uninformed decisions we make about other people. Don't rush to judgement, especially when all you know about someone is what another person has told you.
- **Reach out.** Invite people to participate in particular activities, groups, or projects.
- **Be patient.** Don't be discouraged if he or she declines your 1st, 2nd, or even 3rd invitation.
- **Be compassionate.** Try to look at the situation from the point of view of the person who has been hurt or has no power.
- **Be creative.** You may have to be creative to think of ways to include people, but making the effort to thoughtfully build community will produce exciting results.



PRAY:

Dear Jesus, you know what it is like to be an outsider, hated, and rejected. You have told us that when we reach out to the powerless, it is like we are serving you directly. Give me eyes to see you when I see someone who is lonely. Give me the courage and creativity to reach out and include them as part of my community. Amen.

CHALLENGE ACTIVITY: STRENGTHEN YOUR COMMUNITY

Think about the different communities where you belong (a classroom, an extended family, a neighborhood, a choir, a sports team, a church, a club, a drama cast, a praise team, etc.)

CHALLENGE PART 1

Choose one community. Make a list of different people who make up that community. What does each person contribute? Make sure you have at least one thing for each person.

MY COMMUNITY IS: _____

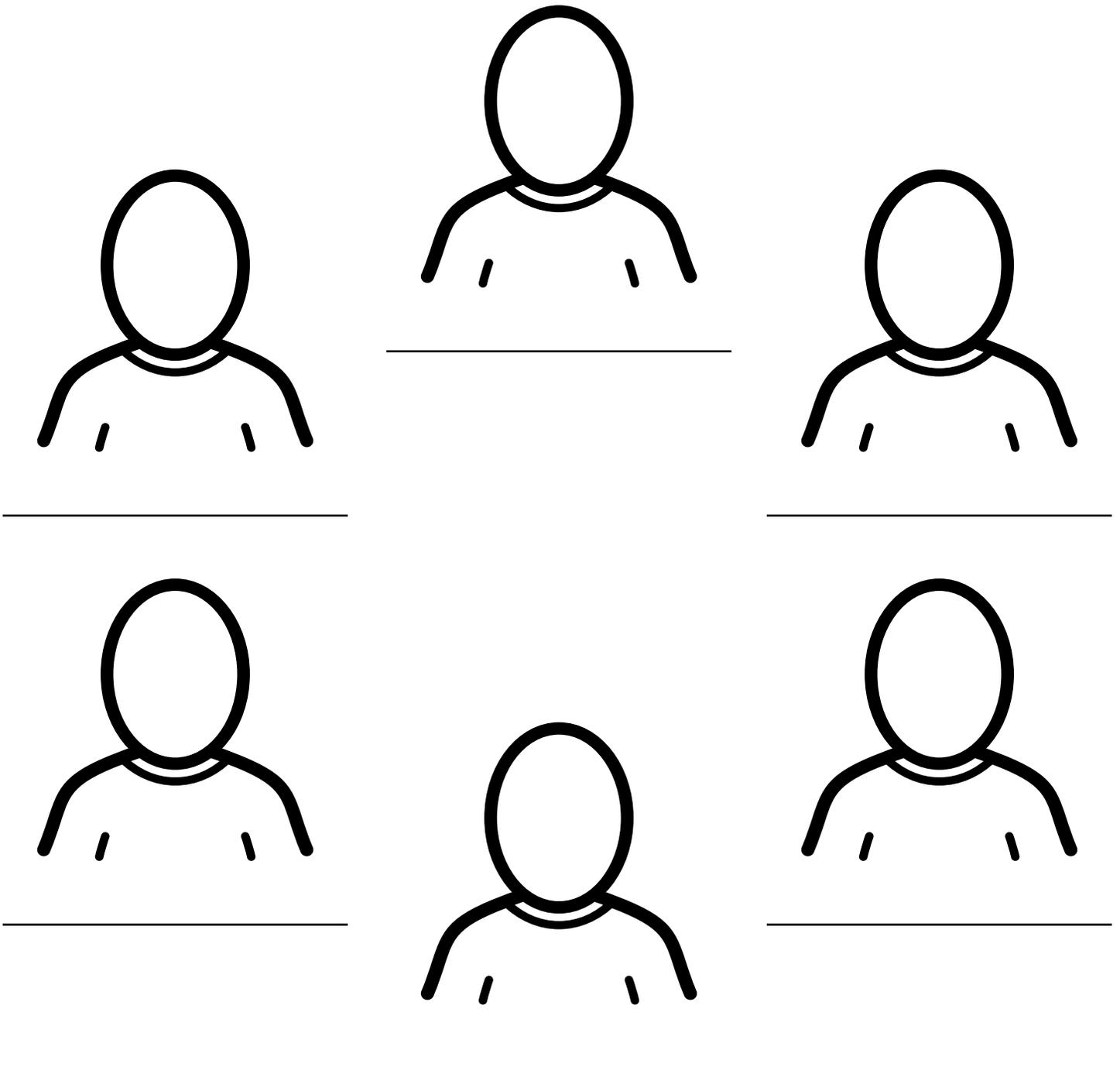
NAME OF PERSON

THAT PERSON'S CONTRIBUTION

CHALLENGE PART 2

Now, write the names of each person from your community on one of the lines below. You can even draw and color the faces to represent your community members. Then draw a line from each name connecting people to each other. For example, you would draw a line between drama director and the music director because they are working together to create the show.

Look at the connections and ask if there are people in the web who need to be connected better. Who needs to be included more? Are there people who don't seem to have much power? What can you do to share your power with them?



CONCLUSION

God used his power to create the world for human beings. In the Garden of Eden, he would walk and talk with Adam and Eve. But the serpent tricked Adam and Eve into questioning God's goodness. Satan tempted them to want God's power for themselves and to be like God. This sin broke the community they had with God and each other, and we are still paying the price today. Relationships and communities are broken. People hurt each other by trying to gain power over each other. What can we do? God's power is still at work restoring his world, and he shares that power *with* us through his Holy Spirit, so that we can use it *for* others.

The power you have comes from God. And he wants you to give it freely to others. You don't need to worry about it running out because God's power will never end. Thank God for this:

"Now to him who is able to do immeasurably more than all we ask or imagine, according to *his power that is at work within us*, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen" ([Ephesians 3:20-21](#)).



Resources

FOR KIDS AND PARENTS:

- Common Sense Media ([commonsensemedia.org](https://www.commonsensemedia.org)): Search under Parent Concerns for Cyberbullying. Good videos, articles, games, and advice.
- Stop Bullying ([stopbullying.gov](https://www.stopbullying.gov)): Interactive videos, articles, and questions for children, parents and educators. From the US Department of Health and Human Services.
- Erase Bullying ([erasebullying.ca](https://www.erasebullying.ca)): More student-centered, but information for parents too. From British Columbia Ministry of Education.

FOR PARENTS:

Family Fire:

- [Bullying: A Christian Perspective and Response](#)
- [Friends and Bullies: What Must Parents Do?](#)

Ministry to Children:

- Part One: [Bullying: Establishing Awareness](#)
- Part Two: [Bullying: Practical Intervention](#)
- Part Three: [Bullying: 10 Ways Your Ministry Can Help](#)

Focus on the Family:

- [Mean Kid series](#)



ABOUT THE AUTHORS

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Ron is the Senior Producer of Children's Ministry at ReFrame Media. He plans and develops projects specifically for the spiritual formation of children. His main areas of focus are the development and production of media and devotional materials for *Kids Corner*. Before coming to ReFrame, Ron taught middle school for over 27 years. Ron and his wife, Rachel, have three adult children and reside in Ontario.

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ABOUT KIDS CORNER

Geared for children ages 6 - 12, *Kids Corner* is a ministry that helps kids discover their part in God's Big Story through fun entertainment, activities, and devotions that promote biblical literacy, understanding of the gospel, and call for a response of faith and obedience.

The *Kids Corner* podcast and radio show episodes featured in this ebook follow the adventures of Lizarardo "Liz" Lacerta and his reptilian friends in their hometown of Terene. When the fun turns into trouble, Liz and his pals find answers in the Bible. Each episode includes a discussion guide.

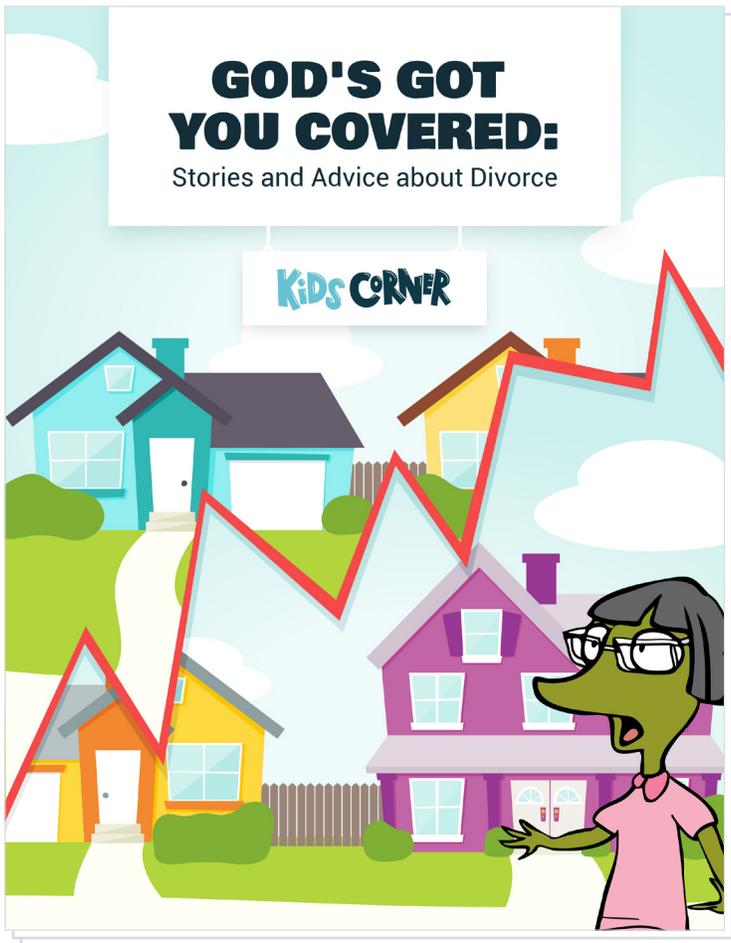
KidsCorner.net is also packed audio Bible stories, devotions, activities, crafts, and more.

Kids Corner is a production of ReFrame Media, the English language ministry of Back to God Ministries International.

KidsCorner.net

ReFrameMedia.com

DIVORCE IS ESPECIALLY HARD ON KIDS.



Chamy's parents have decided to divorce, and Chamy experiences a whirlwind of emotions that she doesn't always know what to do with. All along the way, her friends are by her side, trying their best to support her.

"God's Got You Covered," an ebook from *Kids Corner*, uses Bible teaching and story to help kids and parents talk about divorce.

Find the ebook at kidscorner.net/activities under Ebook.



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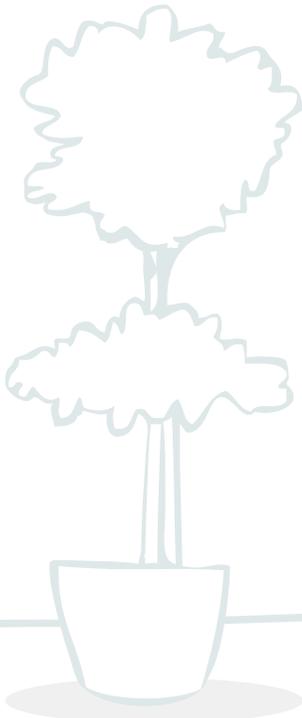
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