



POWERFUL

OCTOBER 2026

PROJECT

BULLY AWARENESS

AGES: TEENS/ADULTS

First & Last Name: _____ Parent/Guardian: _____

Tip Goal: _____

"The opposite of love is not hate, it's indifference." — Elie Wiesel

This quote reminds us that bullying is not only about the person causing harm—it is also about how we respond when we see it happening. Bully awareness means recognizing intimidation, harassment, exclusion, or cruelty and having the courage to respond appropriately. In life and in martial arts, real strength means using your confidence and influence responsibly. Speaking up, supporting someone being targeted, or getting help can make a difference. When you refuse to ignore bullying, you demonstrate courage, compassion, and leadership.

At Home:

Bully awareness at home means recognizing when teasing, insults, intimidation, or disrespect has crossed the line. It means considering how your words affect others, respecting boundaries, and speaking up when someone is being mistreated. When family members treat each other with respect and compassion, they build trust and create a home where everyone feels safe, valued, and supported.

At School or Work:

Bullying can include intimidation, humiliation, harassment, exclusion, or using your position to make someone feel inferior. Bully awareness means recognizing these behaviors and refusing to participate. It means supporting those being targeted and speaking up or reporting serious behavior when appropriate. Strong leaders use their influence to build others up rather than tear them down.

With Others:

Bully awareness means paying attention to how people are treated in person and online. Bullying can include gossip, exclusion, repeated jokes, threatening messages, or embarrassing someone on social media. Being a positive influence means refusing to participate, treating people with dignity, and supporting someone who may feel targeted or alone.

In the Dojo:

Martial arts skills come with responsibility. Training should build confidence, discipline, and self-control—not provide a way to intimidate others. A martial artist should never use rank, strength, or fighting ability to make someone feel powerless. True strength means controlling your emotions, protecting yourself when necessary, supporting others, and knowing when to seek help.

Choose one of the reflection questions below and respond on the backside of this paper:

1. What do you think Elie Wiesel means when he says the opposite of love is "indifference"? How can ignoring bullying allow it to continue?
2. If you saw someone being bullied, what could you do to support them without making the situation worse?
3. How can your martial arts training give you the confidence to stand against bullying while still showing respect and self-control?