

CLIMB Theatre

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About CLIMB Theatre

CLIMB Theatre, located in Inver Grove Heights, MN, is a nationally recognized non-profit company that has provided programming to K-12 schools for 32 years. CLIMB's theatre artists write, produce and present plays and drama classes on topics like bullying, self-control, respect, and the environment.

CLIMB's work is not only entertaining, it is educational. Independent research done on our programs show that young people learn, and change their thinking and even their behavior, because of us.

CLIMB reaches between 350,000-450,000 students and teachers annually primarily in MN but also in WI, IA, IL, MI, MT, ND, NE, SD and CA.

CLIMB's programs cost us more to do than we charge schools. Money we receive from our contributions and from our pull-tab sites located in taverns and restaurants throughout Minnesota cover the difference.

We gratefully recognize the following:

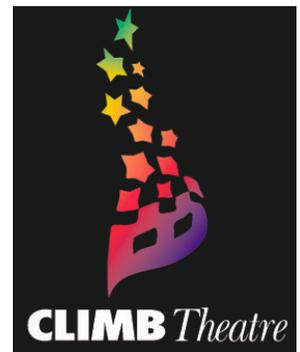
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Family Edition

A newsletter for families with children seeing a performance of CLIMB Theatre's *BUD and the Bully*



About the Play

Tye has a problem. Every time he goes to school, Alex and his friend Chris pick on him, tease him, and generally make his life miserable. Tye's brother thinks he should just fit in better and punch anyone who tries to push him around. Tye's sister thinks he should try to be invisible. But Tye thinks that nothing works. That's why it is up to BUD— Back Up Dog—a super pup in training to help him realize that there are ways to handle bullies and that no student ever deserves to feel frightened about coming to school.

BUD and the Bully is a play for students in grades K-2 on bullying. Tye grapples with overcoming passive behavior and learns to stand up straight, look people in the eye, speak with a strong voice, and turn situations around on a bully by asking questions, pretending to agree, and giving compliments. Most importantly, Tye learns that adults can only help if they know what is going on, and that reporting bullying is vital to its being stopped.

Questions to Ask

Be sure to ask your child some questions about the play:

- Tell me about the play you saw at school today.
- What did you like about it?
- What did you learn from the play?
- What would you do if someone tried to bully you?
- What are some positive ways you can deal with anger?
- How can you tell if you are bullying someone else?
- Who can you talk to at school to get help?
- Show me your "I am confident" stance. Let me see how you stand up straight and look a bully in the eye.
- What can I do to help you feel confident?
- What is the difference between tattling and reporting?

Signs Your Child Might Be Being Bullied

- Reluctance to attend school activities;
- Unexplainable drop in academic performance;
- Avoidance of playground or school cafeteria;
- Reluctance to walk to and from school;
- Reluctance to talk about what's happening at school
- Torn clothing; damaged books;
- Coming home overly-hungry, as if someone were stealing lunch;
- Appearance of ongoing sadness or depression;
- Loss of interest in activities.

Signs Your Child Might Have a Problem Bullying Others

- Does not care about hurting others' feelings;
- Shows disrespect for authority;
- Believes everything should go her/his way;
- Will not admit to mistakes;
- Lies frequently to get out of trouble;
- Deliberately harms pets or other animals;
- Shows disrespect for people of different racial, ethnic, or religious backgrounds;
- Enjoys fighting;
- Does not trust others.

Important Terms

Bully:	someone who repeatedly threatens or hurts another who cannot or will not defend her/himself. Usually a bully uses very little, if any, empathy.
Passive Victim:	a victim who cannot or will not do anything to defend her/himself, often a person with no assertive skills.
Provocative Victim:	a victim who annoys others often by acting/speaking without thinking but who cannot defend her/himself against a bully.
Bystander:	a person not directly involved in the bullying but who, whether by actively laughing or by silence, allows the bullying to continue. The best way to stop bullying is to motivate bystanders to take a stand and tell the bully that bullying is not cool.
CALM:	an approach to dealing with bullies suggested by the MN Department of Children, Families, and Learning. Stay CALM, ASSERT yourself, LOOK the bully in the eye, and MEAN what you say.

What Can Parents Do to Help Their Children?

- Help your child develop assertive skills, including speaking up for himself. Self-confidence is the first line of defense.
- Ask your child how friends/classmates treat her.
- Make opportunities for your child to build friendships.
- Enroll your child in classes or groups that develop skills/activities that are valued by children his age.
- Shut off the television. Don't watch programs that reinforce that aggression is the best solution.
- Help your child stay tuned-in to other people's feelings. Instill in her a sense of empathy and compassion for others.
- Model good relationships.
- Help your child come up with a set of clever responses to be used in the event that he is bullied.
- Be sure your child has good adult supervision at all times that is age-appropriate.
- Teach your child never to hit, call names, or throw things at others.
- Encourage your child to stay in groups.
- Encourage your child to report bullying.