

DRAGONFLY ACADEMY OF INTEGRATED DEFENSIVE ARTS

EVERYBULLY

Door One Resource Packet: “I’m Being Bullied”

Website-ready draft for review with Chris Thompson

Recognition → Safety → Communication → Understanding → Recovery

We can hold someone accountable without giving up on them.

This packet contains the complete first-draft copy for the first door of the EveryBully Resource Center. It is written primarily for a young person reading on a phone, while remaining useful to an older teen or adult. Each numbered section can become its own web page, card, video, download, or interactive pathway.

Contents

- Door One welcome page
- 1. Is This Bullying?
- 2. What Do I Do Right Now?
- 3. Help Me Tell Someone
- 4. Why Me?
- 5. Help Me Get My Power Back
- I Need Help Now
- Downloadable scripts and worksheets
- Implementation notes for the Dragonfly team

Draft status: foundational website copy. Before publication, crisis links and local reporting instructions should be reviewed for the intended audience and location.

DOOR ONE

I'm Being Bullied

The first screen after a visitor chooses this path

If someone is bullying you, start here.

You do not have to figure everything out right now.

First, we want to help you understand what is happening, decide what you can do next, and find someone who can help.

You deserve to be safe.

You deserve to be heard.

And you deserve to have some say in what happens next.

Choose the question that feels closest to what you need. You can come back and choose another one at any time.

1. Is This Bullying?

"I'm not even sure what to call what's happening."

2. What Do I Do Right Now?

"It's happening. What should I do?"

3. Help Me Tell Someone

"I know I need help, but I don't know how to say it."

4. Why Me?

"Why did this person choose me?"

5. Help Me Get My Power Back

"How do I stop this from controlling how I feel?"

If you are in immediate danger, have been threatened with a weapon, are being sexually harmed, are afraid you may hurt yourself, or cannot safely go home, choose "I NEED HELP NOW."

Your goal is not to win the encounter. Your goal is to get through it safely.

PATH ONE

Is This Bullying?

You do not need the perfect label before asking for help.

Something does not have to meet the definition of bullying to be serious.

Bullying usually involves three things: behavior meant to harm, embarrass, isolate, or control; a real or perceived difference in power; and behavior that happens repeatedly—or that a person reasonably fears will happen again.

A quick way to think about it

Bullying

Someone uses power—social, physical, digital, financial, positional, or emotional—to repeatedly hurt, threaten, humiliate, exclude, or control.

Conflict

Two people with relatively equal power disagree or hurt each other. Conflict can still become dangerous and still deserves help.

Teasing

Playful words are only playful when everyone is genuinely okay with them. If someone has been asked to stop and continues, it is no longer harmless.

Harassment

Targeting someone because of identity or a protected characteristic may violate school policy or law, even if it happens once.

Assault or abuse

Hitting, sexual contact without consent, threats with weapons, extortion, stalking, or forced acts require adult intervention. Do not wait for a pattern.

Ask yourself

- Has this happened before, or am I afraid it will happen again?
- Does this person have power over me because of size, popularity, age, position, information, a group, or access to me online?
- Have I tried to make it stop—or would saying “stop” feel unsafe?
- Am I changing where I go, what I wear, who I talk to, or whether I attend school because of it?
- Do I feel threatened, trapped, humiliated, watched, or controlled?

If even one answer worries you, you are allowed to ask for help. You do not have to prove that the word “bullying” applies before an adult listens.

PATH TWO

What Do I Do Right Now?

Simple choices for the moment something is happening

If you may be physically harmed

- Move toward a supervised or public place: a classroom, office, store counter, bus driver, coach, security desk, or group of trusted people.
- Do not let pride keep you in a dangerous place. Leaving is a safety decision, not a surrender.
- Use a clear voice if it is safe: “Stop.” “Back up.” “I’m leaving.” “I need help.”
- Do not go to a second location. If someone tries to force you into a car, room, isolated area, or private chat, get attention and seek help immediately.
- If there is a weapon, a serious injury, an abduction attempt, or immediate danger, call 911 in the United States—or your local emergency number.

Your goal is not to teach the other person a lesson. Your goal is to get through the moment safely.

If it is happening online

- Do not answer while angry or frightened. A pause gives you choices.
- Save evidence before blocking: screenshots, usernames, dates, times, links, messages, and witness names.
- Do not forward humiliating material just to prove it exists. Show it privately to a trusted adult.
- Block and report the account when doing so will not erase evidence you still need.
- Tell an adult if there are threats, sexual images, impersonation, blackmail, stalking, location sharing, or pressure to meet.

If you think a fight is about to happen

Create distance, move toward help, keep your hands available to protect yourself, and say what you need clearly. Physical self-defense is for getting safe when escape is not available—not for punishment, revenge, proving courage, or continuing after the danger has ended.

Safety first. Distance second. Help third. Evidence after you are safe.

PATH TWO

The Next 24 Hours

What to do after you are out of immediate danger

1. Tell one safe person

Choose someone whose job or relationship gives them a reason to protect you: a parent, guardian, teacher, counselor, coach, administrator, relative, or another trusted adult.

2. Write down what happened

Record the date, time, place, people involved, exact words or actions you remember, witnesses, injuries, damage, and what you did. Stick to facts. You can add how it affected you afterward.

3. Save what can be saved

Keep screenshots, emails, direct messages, photos of injuries or damaged property, medical paperwork, and previous reports. Store a copy somewhere the person harming you cannot access.

4. Ask for a specific next step

Examples: a safe route between classes, different seating, an adult check-in, supervision at dismissal, preservation of camera footage, a written response, or a meeting that does not place you alone with the person harming you.

5. Make a plan for tomorrow

Decide who you will arrive with, where you will go if something happens, which adult you will contact, and how you will get home safely.

You do not have to carry the whole case. Your job is to tell the truth and keep asking for help. The adults' job is to act.

PATH THREE

Help Me Tell Someone

“Tell an adult” is not enough. Here are the words.

You may copy these scripts exactly, change them, text them, email them, read them aloud, or hand your phone to someone and let them read.

Tell a parent or guardian

“I need you to listen before you tell me what I should do. This has happened more than once, and I’m starting to feel unsafe. I need your help deciding what happens next.”

Tell a teacher, counselor, or administrator

“I need to report something that is affecting whether I feel safe here. It has happened on these dates or in these places: _____. The people involved are _____. I have already tried _____. I need to know what you can do and when you will follow up with me.”

Tell a coach or activity leader

“Something involving a person in this group is making it hard for me to participate safely. I want to explain what has happened without being confronted by them right now. Can we talk privately and make a plan?”

If you are afraid telling will make it worse

“I want help, but I’m afraid they will retaliate if they learn I reported it. Before you contact anyone, please tell me what you plan to do and how you will protect me afterward.”

If speaking feels impossible

“I’m having trouble saying this out loud. Please read this message all the way through, then ask me questions one at a time.”

PATH THREE

When the First Adult Does Not Help

Their first response is not the final answer.

Sometimes an adult misunderstands, minimizes what happened, gets distracted by the word “bullying,” or gives advice without creating safety. That can feel like a second injury. It does not mean you were wrong to tell.

Try this response

“I hear what you’re saying, but the situation is continuing and I still do not feel safe. I am asking you to document this report and help me involve the next person responsible.”

Move one level outward

- Teacher → counselor or administrator
- Coach → program director or organization leader
- School administrator → district office or governing body
- Work supervisor → HR, owner, union representative, or licensing body
- One parent/guardian → another trusted relative, school counselor, doctor, therapist, clergy member, or youth advocate

Keep a report log

- Whom you told
- Date and time
- What you reported
- What response was promised
- When follow-up should happen
- What actually happened next

Asking again is not tattling. Escalating is not causing trouble. The trouble is the behavior that made the report necessary.

PATH FOUR

Why Me?

The question bullying tries to make you answer incorrectly

When someone targets you, your mind may begin searching for the flaw that “caused” it. That is one of bullying’s deepest injuries: it can make another person’s behavior feel like evidence about your worth.

Their behavior may tell us something about them. It does not determine something about you.

EveryBully uses three patterns—the 3 P’s—to understand what may be driving harmful behavior. These patterns are explanations to investigate, not excuses to accept.

Pretending

A person may perform toughness, confidence, status, humor, or indifference because they are afraid others will see insecurity. The audience becomes part of the performance.

Protecting

A person may attack first to protect a reputation, social position, secret, wound, group identity, or fear of becoming a target themselves.

Projecting

A person may place feelings they cannot tolerate in themselves onto someone else—then punish that person for carrying the label.

Understanding why someone hurts you does not mean accepting what they do to you.

What this means for you

- You did not create another person’s need to pretend.
- You are not responsible for the way another person protects their image.
- You do not have to carry what another person projects onto you.
- Compassion never requires continued access to you.
- Accountability and understanding can exist at the same time.

PATH FIVE

Help Me Get My Power Back

Recovery is more than making the behavior stop.

Bullying can continue inside you after the person is gone. You may replay the moment, avoid places, distrust people, feel ashamed, imagine revenge, or wonder whether everyone secretly agrees with what was said. Recovery means refusing to let another person keep making decisions inside your head.

The S.A.F.E. Zone

EveryBully's recovery framework has four parts. You do not have to complete them in order, and none of them requires contact with the person who harmed you.

S — Self-Worth

Separate what happened to you from who you are. Reconnect with people, skills, places, and truths that existed before the bullying and remain true now.

A — Accountability

Name what happened accurately. Accountability belongs to the person who acted, the adults who must respond, and you only for the choices that are genuinely yours—not for being targeted.

F — Forgiveness

Forgiveness is optional, personal, and never the price of safety. Here it can mean releasing the offender's claim on your attention—not excusing, forgetting, reconciling, or removing consequences.

E — Empathy

Empathy helps you understand without surrendering boundaries. It may eventually include the person who harmed you, but it begins with empathy for yourself and what you survived.

You can understand someone and still say no. You can forgive and still stay away. You can heal without pretending it did not matter.

PATH FIVE

A Small Recovery Plan

Choose one step. Power often returns quietly.

Today

- Tell one person the honest version.
- Do one thing that helps your body feel safe: breathe slowly, walk, train, shower, rest, eat, or sit near someone trustworthy.
- Mute, block, or step away from one source of repeated harm.
- Write down one statement about you that remains true.

This week

- Return to one activity or person the bullying pushed you away from.
- Make a practical safety plan with an adult.
- Ask for counseling or another protected place to talk if fear, anger, sleep problems, shame, or isolation are continuing.
- Choose a response to revenge thoughts that does not create a second victim—including you.

When the memory comes back

“That happened. It mattered. It is not happening in this exact moment. I can choose what I do next.”

If you are angry

Anger is not proof that you are becoming like the person who hurt you. Anger often tells us a boundary was crossed. Let it help you identify the boundary and seek protection—not make a decision that gives the other person more control over your future.

If you feel embarrassed

Humiliation belongs to the act, not to the person who endured it. An audience can make cruelty louder; it cannot make cruelty true.

What happened to you is part of your story. It does not get to write the rest of it.

URGENT PATH

I Need Help Now

Use this page when waiting could increase the danger

If someone is in immediate danger or needs police, fire, or medical help in the United States, call 911 now. If you are elsewhere, call your local emergency number.

Get immediate help if:

- Someone has a weapon or has made a credible threat to use one.
- You are being followed, restrained, abducted, sexually harmed, seriously injured, or forced into a vehicle, room, or isolated place.
- Someone is threatening to release sexual images, demanding money or sexual acts, or arranging an unsafe meeting.
- You are afraid to go home because someone there may harm you.
- You believe you may harm yourself or someone else.

If you are in emotional crisis

In the United States and its territories, call or text 988, or use the chat at 988lifeline.org, for free, confidential crisis support available day or night. If harm is immediate, call 911.

If you cannot make the call alone

“I need help right now. Please stay with me and call with me.”

Go toward people

Move to a staffed, visible place if you can do so safely: a school office, hospital, fire station, police station, business counter, security desk, neighbor’s home, or trusted adult. Do not meet the person threatening you to “settle it.”

Website note: This resource provides education and planning support. It is not an emergency service and is not a substitute for local law enforcement, medical care, school safeguarding procedures, or licensed mental-health care.

DOWNLOADABLE TOOL

My Safety and Reporting Plan

A phone-readable worksheet

The behavior I need help with:

Where and when it usually happens:

People involved:

People who have seen or heard it:

Evidence I have saved:

The safest adult I can tell first:

The next adult I will tell if nothing changes:

Where I can go during an incident:

Who can walk, sit, travel, or check in with me:

What I want the adults to do next:

Date I reported it:

Date I expect a follow-up:

I do not need to solve everything today. My next safe step is: _____

DOWNLOADABLE TOOL

Incident Record

Facts first. Impact second. Follow-up always.

Date and time:

Location or platform:

What happened (use exact words/actions when possible):

Who was involved:

Witnesses:

Injuries, damage, threats, or other impact:

Evidence saved and where it is stored:

Who I told and when:

Response promised:

Follow-up date:

What happened afterward:

Keep this record somewhere the person harming you cannot access. If saving it on your device is unsafe, ask a trusted adult to keep it.

Implementation Notes

How this packet translates into the Resource Center

Recommended page architecture

- Keep the Door One welcome screen short and place the five paths above the fold.
- Use large tap targets and pair every title with the visitor's actual question.
- Place "I Need Help Now" persistently but without making the entire experience feel like a crisis page.
- End every path with two choices: "Choose another question" and "Help me tell someone."
- Offer scripts as copy buttons, text downloads, printable PDFs, and read-aloud audio.
- Never require a visitor to decide whether an event is technically bullying before showing safety resources.

Tone rules

- Speak directly to the young person, not about them.
- Do not promise confidentiality adults or schools may be unable to provide.
- Do not promise a particular disciplinary outcome. Promise clarity, choices, documentation, and escalation.
- Avoid "just ignore it," "stand up for yourself," or "fight back" as universal advice.
- Preserve agency: explain what may happen before encouraging disclosure whenever safety allows.
- Keep empathy for the aggressor downstream of safety and accountability.

Suggested first production pieces

- 60-second Door One welcome video
- Interactive "Is this bullying?" decision cards
- Copyable disclosure scripts
- One-page Safety and Reporting Plan
- One-page Incident Record
- Short S.A.F.E. Zone recovery video
- Persistent urgent-help drawer reviewed for location and age suitability

Editorial spine: Recognition → Safety → Communication → Understanding → Recovery.

EDITORIAL REFERENCE

Source and Review Notes

For internal accuracy review before publication

The draft's basic description of bullying reflects the commonly used elements of unwanted aggressive behavior, power imbalance, and repetition or likelihood of repetition. The urgent-help language was checked against official United States resources current as of September 2, 2026.

Primary references

- StopBullying.gov — federal bullying prevention guidance and definitions: <https://www.stopbullying.gov/>
- National 911 Program — emergency calling guidance: <https://www.911.gov/calling-911>
- 988 Suicide & Crisis Lifeline — free, confidential call, text, and chat support: <https://988lifeline.org/>

Recommended professional review

- A school counselor or district safeguarding professional
- A licensed child or adolescent mental-health clinician
- Counsel familiar with school reporting duties and the jurisdictions served
- A youth accessibility and plain-language reviewer
- Young people from the intended age range, using a protected feedback process

This packet is educational content, not legal or clinical advice. Local rules differ, particularly for mandatory reporting, harassment, sexual images involving minors, school discipline, and emergency response.

Every bully has a story. Every target deserves a voice. And every story can change.