HOW TO FIGHT A BULLY WITHOUT A FIST?

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Fighting is not the indicator of person’s strength. Always try to walk away from a fight. Unless you or someone you care about is being physically attacked, you can always be the bigger man. It may seem heroic but getting into a fight is terrible. There are positive ways to protecting ourselves and not responding to a fight.

How to Fight Bully without Using your Fists

Student or adult are not free from bullies and these are some suggestions that may help people to avoid it.

Avoid showing signs of fear or anger

Bullies thrive on your fear and anger. So do not give in to fear. Don’t give him power over you.

Get Rid of the Thought to Revenge

Revenge isn’t satisfying. Two wrongs may not correct the bad doings. Fighting against the bully can’t make things right. Revenge is not a solution to make things clear instead proper communication is needed.

Be prepared

You need to anticipate situations that could lead to getting bullied and avoid them. This could mean avoiding secluded areas or places that are known spots for bullies.
Take your leave

When you perceive trouble, take your leave. It is not easy to do but walk away to the situation so it lessens your anger. The bullies won’t even let you. And this isn’t a sign of weakness but of strength. The kind of strength the bully doesn’t have.

Be confident

Speak up when there is something wrong especially to the proper person or authority. Look him in the eye and speak in a firm but leveled voice. Don’t insult him. Just state what he does that is wrong, how you don’t like it and how it hurts.

Humor

Being humorous can help diffuse a tense situation. You can try that. Divert conversation. Laugh even at yourself. It won’t hurt so much. Trust me.

Talk to a responsible adult

This could be your parents. They can intervene on your behalf. This doesn’t make you a cry baby. It means you are mature enough to know when you can’t handle it alone.

For Parents

Being open to your family is important and the responsibility of parents is to guide their children to act accordingly. Teach them how to make eye contact, be relaxed, speak firmly, and when to walk away. It’s not easy but trust me, it will work.

References:

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