

My Anti-Bully Handbook



An activity book for tween and teen girls
filled with self-defense, safety &
faith-filled empowerment

by Jody Token

Coach & Creator



An Anti-Bully Handbook

Written by Jody Token, Founder, Educator, Speaker at The Great Flip

Online self-defense, safety and faith-filled empowerment for girls.

Dedication

"For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God." 2 Corinthians 5:21. Martin Luther called this The Great Exchange, but I call it The Great Flip.

- To my husband, who loves, cherishes and protects me always.
- To my daughters, who inspire me daily and exemplify faith-filled women of God.
- To my Bible Study ladies, who remind me whenever I feel overwhelmed to remember whose daughter I am and to straighten my crown.

Acknowledgements

A special thank you to my daughter, Megan, who provided her wisdom and insight to this project. Megan is a Family and Marriage Counselor.



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Welcome from Coach Jody

Hi Girls, welcome to The Great Flip Anti-Bully Handbook.

My name is Jody Token and I'm the creator and coach of The Great Flip, online self-defense, safety and faith-filled empowerment for girls like you.

This activity is suitable for middle school and high school girls with parental guidance.

Get ready to experience fun, playful and empowering self-defense and safety tips to overcome your fear of bullies. I want to give you more than a few super ninja skills. I want you to be empowered with faith, confidence and courage found only in Jesus.

I want you to know a few things before you get started. First, your leaders have prepared to make this activity fun. We've prayed for you to make it faith-filled and empowering.



Before you begin, your leader should guide you through the "Grace Place" petition. After you have reviewed it, please sign the petition. Since you will be talking about bullies, you might feel a little uncomfortable about sharing stuff. But this is the time and place to let go of your fear, anxiety and even some anger. Once you get things out in the open, you will feel better and stronger. God has a great promise waiting for you in this activity!

I know this might sound crazy, but the "girl power" message is not going to get you over your fear of bullies. Only **God's power** can do that. His Word, found in the Bible, will empower you with lasting, sustainable superpowers.

Of course, you will get to learn empowering self-defense and safety skills.

Let's get started!

Leader's Notes

Hi Leaders, welcome to The Great Flip Anti-Bully Activity.

The majority of this activity book is written for the girls, but they will need your guidance. This activity will work best with your leadership and facilitation.

To make this a great experience, consider these suggestions:

1. **Pray.** Please pray for the girls who will be participating.
2. **Print.** Print so that each girl gets her own private copy.
3. **Paper.** Get some note cards, a journal or binder. Get some pens, markers or pencils, etc. The girls will be asked to write and sketch their answers in this activity.
4. **Listen.** Truly hear their hearts without passing judgment.
5. **Create a comfortable space.** If you have more than eight girls, consider creating small groups of eight or less. Each group should have an adult facilitator. You can come back together for the self-defense training at the end of the discussion. Be sure to follow all health and safety protocols of your organization.
6. **Connect to wi-fi and internet access.** When you are ready to learn some fun self-defense skills, you will need a free account on Vimeo.
7. **Read the Grace Place House Rules with the girls and have them sign the petition.**
8. **Listen for trauma or abuse.** If a girl shares any kind of mental, verbal, and/or physical abuse, you may be obligated to take steps to protect her. Be informed of your local health and safety policies (in your community, church, organization) and follow all safety procedures for your girls. Please note, a girl who has potentially been victimized may not want to participate in the self-defense skills that require physical contact. Be aware of any behavior concerning physical touch. However, sometimes, girls are just shy about getting involved. Not everyone has to try the self-defense skills, but everyone can participate by observation.
9. **Have fun. You should participate and learn the skills too!**
10. See you on the mat! - Coach Jody

Leader's Notes

"Read the Room" A note about (and from) my daughter.

My daughter was once in a middle school small group at her church. She experienced a silent, painful type of bullying. The girls didn't hurt her physically. They didn't say mean words to her. They did something worse. They ignored her. This kind of bullying made her feel invisible.

In her small group, she was surrounded by the girls who ignored her. The parents of the girls were the small group leaders. How was she to share? She didn't. From that point on, she struggled with depression and anxiety for a long time.

The Lord has been healing her heart. Now, my daughter serves as a Family and Marriage Counselor.

She wants to encourage you to read the room as you begin this activity. Think about her story and these bullet points as you seek to create a safe place for sharing.

"Challenge by choice."

Don't force everyone to verbally share, but encourage everyone (repeatedly) to participate by using their journals, drawings, etc. It takes a lot of encouragement from you and courage from her.

- Look for the quiet girls in the room.
- Make yourself available to speak with girls in private (apply health and safety rules when meeting with minors. Never meet 1:1 with a girl.)
- Guard your own emotions. (If your daughter is accused of bullying or if your daughter has been bullied, you may need to excuse yourself and seek additional leadership for the sake of the girls.)
- Is there a bully in the group? Is a victim in the group?
- Be prepared to take action.
- Ask the Lord for wisdom.

How to use this book (ebook)

Before you get started, download and print a personal copy for everyone. Make it fun. Get binders, paper, journals, whatever, and get ready to write and sketch as you answer the questions.

Where are the self-defense videos?

You can access **free** self-defense and fitness videos on my Vimeo page at <https://thegreatflip.vhx.tv>, or you can begin your self-defense training experience at my website at www.thegreatflip.com

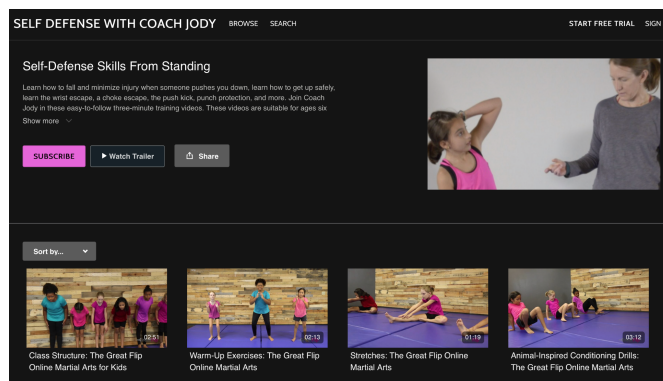
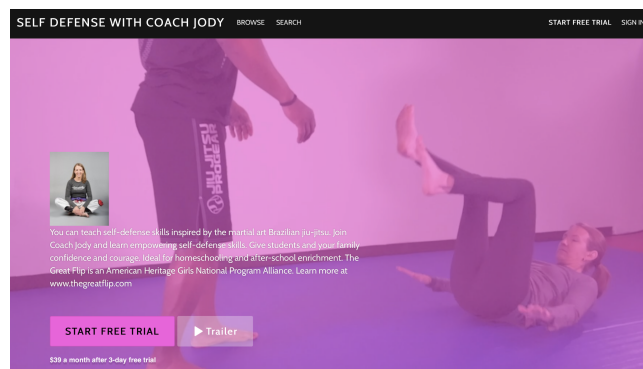
You can try **two free self-defense skills:** the Wrist Escape and the Push Kick. These videos are part of the Stand-Up Self-defense Series.

Try the Three-Day Free Trial and gain access to the Top 12 Self-Defense Skills and Foundations Online Course.

How much time will this activity take?

This activity may take one to two hours or more, depending on the number of participants. If you have a large group, form small groups of 6-8 so everyone has an opportunity to share. Each group should have an adult facilitator. At the end of your discussion, form one large group to watch and train with the self-defense videos. You may decide to break the activity into segments at your discretion and available time frames. You can use it for retreats, special events, multiple meetings, etc.

Leaders, please review the handbook and decide on the best way to lead the activities to make this an empowering experience for the girls.



Grace Place “House” Rules & Petition

It is important for you to feel safe so you will participate in this activity.

Read the “Grace Place House Rules” with your groups. Sign the petition at the end.

You might want to draw a simple house and label each part as you go through the petition.

“Grace-based” foundation

This house is built on a foundation of grace. Grace is unconditional love and acceptance for everyone. Everyone who participates in this activity should offer unconditional love and acceptance. No judgment.



“Trust” door

The front door of this house is “trust.” When we walk through the door, we will trust each other with the information we share.

“Confidentiality” roof

The house is protected by a roof of confidentiality. Everything shared in the house must not leave the house. Do not leave the house and start rumors or gossip about things you hear in the house. No names.

“Listening and empathy” walls

The two walls that support the Grace Place House are listening and empathy. We promise to listen to everyone. We will not interrupt. We will show concern, kindness and compassion while we listen.

I promise to enter into this activity understanding the Grace Place House Rules: (Sign here) (The House rules are adapted from Stephen Ministries)

Let's do this!

Identify Bully Vibes.

How would you describe a bully?

Read through the list of descriptions and put a ✓ check mark by any/all that sound like things a bully might do. Take a few minutes to review this list and share with your group.

- ☐ bullying occurs between two people who have different degrees of power (define "degrees of power" - cliques, age, etc)
- ☐ bullying occurs when a group of people targets an individual
- ☐ bullying attempts to cause harm or distress
- ☐ bullying happens repeatedly over a period of time
- ☐ bullying can happen just once
- ☐ bullying can be private or public
- ☐ bullying can be verbal harm
- ☐ bullying can be emotional harm
- ☐ bullying happens on social media, public and private messaging

Do you have your own ideas about bullies? Add your ideas to the list here:

Now go back to the list above and ○ circle any kind of bullying that has happened to you.



Share your bully story

It's time to share your personal battle with a bully. Remember, you are in the "Grace Place House" now! Use the questions below to help you share your encounter with a bully. (If you can, use a piece of paper or journal to write your bully story. If writing a story is difficult, you can sketch and draw pictures to help tell a story.) If you don't feel like sharing, still participate by journaling or drawing quietly. You may want to share your story with a mentor at a later date.

What happened to you when you were bullied?

- How did you respond? Did you freeze or fight back?
- How did the bully make you feel?
- What physical reactions did you experience? Did your stomach hurt, experience fear, anxiety, sadness? Anger?
- Did you react to the bully physically or verbally? (do you wish you would have?) Is the bullying still ongoing?
- What do you wish you had or need to overcome the bully? (It's okay if you don't know. And it's okay to just understand the feeling and have a safe place to share)
- Was social media involved in the bully story?

Share your story with your group. Be sure to actively listen to each other.



Oh Snap!

Are you a bully?

Let's be honest. Have you ever bullied someone?

Have you ever been the person in any of the stories you heard today? It's hard to hear "you" might be a "bully," but listen and see if you need to think about your actions. God wants you to be free from shame and insecurities.

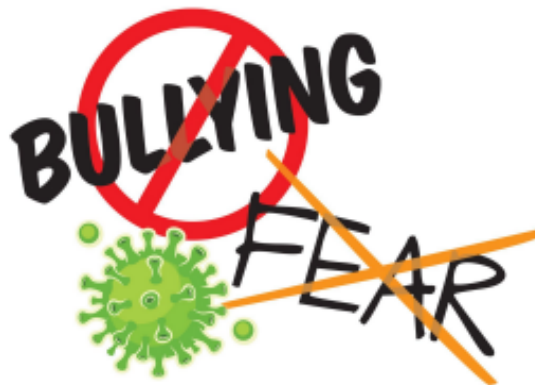
Use these questions to help you confess your inner bully battle. Use your journal to write a time or sketch when you were the bully.

- What happened that caused you to be a bully?
- Did you "make excuses" for your behavior?
- What emotions were you experiencing when you bullied someone?
- How did "mob-mentality" affect you in the situation?

(define mob-mentality: When everyone else is doing it.

How would you define it?

- Have you ever left someone out of a situation as a form of bullying?
- Have you ever physically hurt someone? verbally or emotionally?
- Have you ever wanted to have power over someone?
- Have you ever had feelings of revenge or jealousy to justify bullying someone?
- Have you ever used texting or social media to bully?



Share your story.

Take a deep breath.

When you search yourself, you discover inward and outward bullying behavior.

How are you feeling right now about sharing all this? Review one of these statements and share which one best describes how you are feeling and/or add your own:

Finally! I get to unload. I need to share some stuff that's bothering me. Explain.

Talking about this topic is hard for me but I'll try my best, if everyone can promise to be trustworthy. Explain.

I don't want to talk about it right now, but I'd like to talk to a leader, maybe later.

PS. Why are you so quiet?

Challenge by choice.

Everyone needs to participate in this activity, but not everyone needs to talk. Maybe someone needs to talk less so others can have a chance to talk.

Complete the activity in your notes and drawings. Even if you need to finish later.

Are you being bullied right now? Is that person in the room?

You need to tell someone you trust. God wants to heal and protect you.

Write down your plan to talk to someone. Who can you talk to? When?

Seriously, you can do this and overcome it! But you must take action now!

Forgiveness, Power and Strength.

It's time to receive God's power!

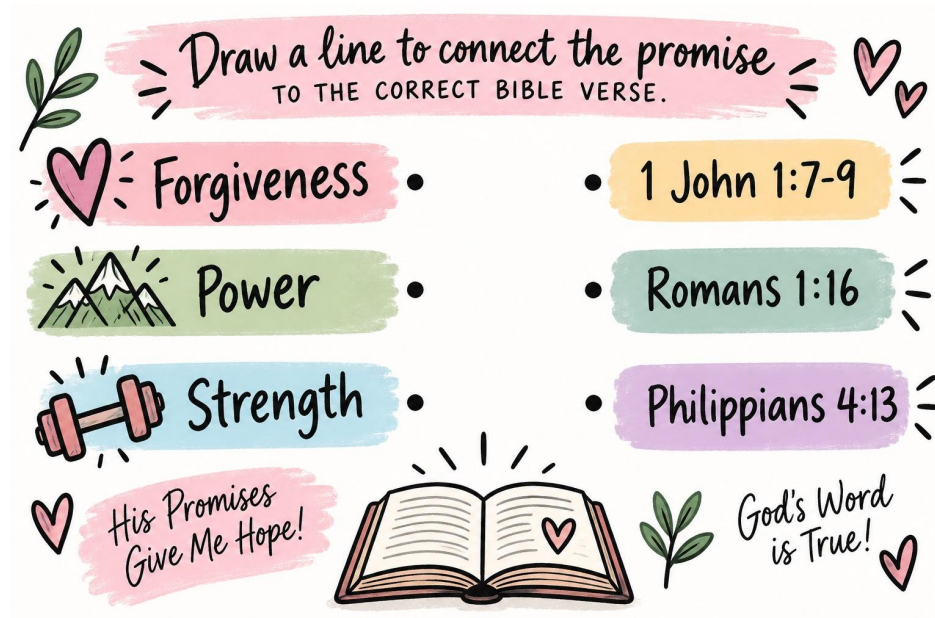
God gives many gifts. Today, let's talk about three gifts. These three gifts will empower you to become an overcomer.

Read the following Bible verse, identify the three gifts, then match the verse to the gift below.

"If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:7-9

"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek." Romans 1:16

"For I can do everything through Christ, who gives me strength." Philippians 4:13



What does God promise to do when you confess your sins?

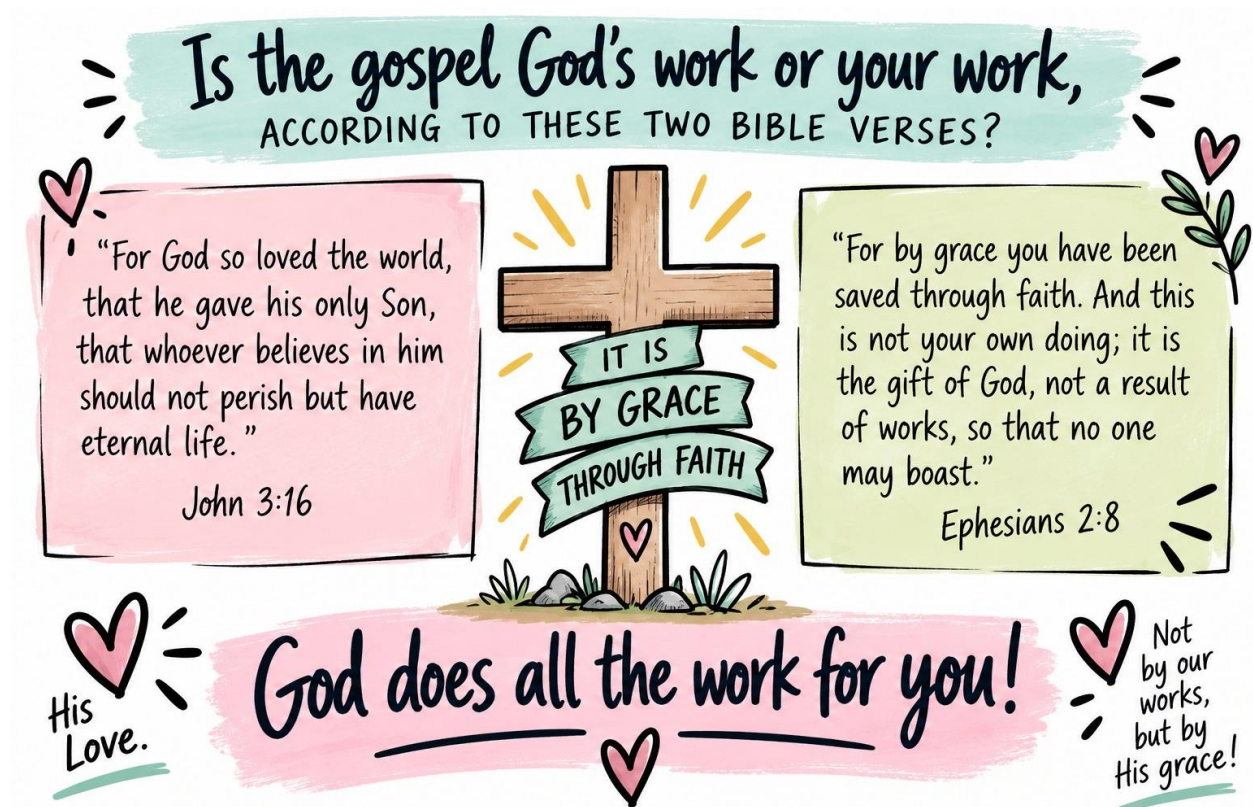
What is the power of God?

Who gives you strength?

Just to be clear

The Gospel means good news!

It is the message of forgiveness of sin through the saving work of Jesus Christ when he died on the cross and rose again in victory over sin, death and the devil. He came to rescue, redeem and restore you because He loves you. Read these Bible verses and describe "gospel" in your own words or draw a picture.



A Devotion: God's power vs. Girl power

"For I can do everything through Christ, who gives me strength." Philippians 4:13

I remember when my daughter first saw this verse. She thought she could defy gravity! Imagine the possibilities! She could win first place in her cross country meet. Ace her math test. "I can do everything through Christ who strengthens me!" she exclaimed!

But no matter how hard she tried, she didn't get first place and that math test was harder than she expected. She felt exhausted and defeated. She wasn't plugged into God's power. She was plugged into her own power.

What is your power source?

Better asked ... Who is the source of your strength? Girl power or God's power? How can you distinguish between the two? One comes from the inside and one comes from the outside.

Girl power is driven by results and must be earned. The promise is conditional. If you work hard enough and win, you get credit. If you work hard and fail. You feel like a failure. The burden is always on you to perform. It's no wonder girls suffer from depression and anxiety more than at any time in history. Girl power is fake power.

But God's power is unconditional, never-ending and a free gift from Jesus. This Bible verse, penned by the apostle Paul, promises Christ-followers the power of Jesus in all circumstances.

Christ's strength will empower you in any situation, in good times and in bad. If you win, he celebrates with you. If you lose, God strengthens you with his comfort and peace. God's power is real power.

God's power is not about acing tests and winning races, it's about God's will, the bigger picture and his plan for us. To love God and to love people. ...

A girl can do anything not because of who she is or how hard she

tries. A girl can do anything because of whose she is and His name is Jesus! (that's good news!)

"For I am not ashamed of the gospel, for it is the power of God
for salvation to everyone who believes, to the Jew first and also to the
Greek." Romans 1:16

Read each of these statements and give examples of the difference between girl power and God's power in your life.

Girl power is self-centered vs. God's power is others-focused. Girl power says "do whatever makes you happy." God's power says, I love you! Go share my love with others so more people can experience my love.

"And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself." Matthew 22:37-39

Girl power demands "it's my body, it's my choice" vs. God's power declares that you are "fearfully and wonderfully made." Psalm 139

"... do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." 1 Corinthians 6:19-20

Girl power puts men and boys down to gain power vs. God's power created men and women equally for each other.

Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." Genesis 2:18 (Helper in Hebrew "God is Israel's helper)

Girl power is fueled by emotions vs. God's power is fueled by truth.

"The heart is deceitful above all things, and desperately sick; who can understand it?" Jeremiah 17:9

"Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." John 14:6

Girl power requires work vs. God's power is a free gift.

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast." Ephesians 2:8-9

Which Bible verse is your favorite? Why? Consider memorizing it or putting it on a fun post-it note and post it in your room.

God's Power vs. Girl Power

Place a cross (†) in the description that shows God's Power and an X in the description that shows Girl Power.
Explain why with your group.

God's Power



Comes from God.
Lasts forever.
Changes lives.

Girl Power



Comes from me.
Can be limited.
Needs God's power.

- ☐ do what makes you happy
- ☐ self-centered
- ☐ forgiving
- ☐ gives love
- ☐ shows kindness
- ☐ plays the victim
- ☐ blames others
- ☐ takes responsibility
- ☐ comes from the outside
- ☐ comes from the inside
- ☐ a free gift
- ☐ my body, my choice
- ☐ trusts in emotions
- ☐ trusts in truth
- ☐ Temple of Holy Spirit
- ☐ Proud
- ☐ builds up
- ☐ tears down
- ☐ servant heart
- ☐ must earn love

♥ Different
Sources. Different
Results.

THE **GreatFlip**
Self-Defense and Life Skills for Girls

A Devotion: Three ways to plug into God's power!

Have you ever used an electrical appliance such as a toaster or hairdryer?

Do you wonder where the power comes from?

What happens if it's not plugged into a power source?



If you want to shine for God, you must plug into his power. Your light does not come from the inside out. Instead, it comes from the outside in. To power an appliance, plug it into an outlet. To get God's power, plug yourself into his outlets called the "means of grace."

The means of grace are the outlets God guarantees from his word to deliver faith, the forgiveness of sins, and the power to shine. Here are three outlets to receive God's power so you can shine bright.

#1. God's Word.

The Bible is God's primary outlet. His Word unfolds the grand narrative of salvation through Jesus. Simply listen or read the Bible and receive the promise of faith.

"So faith comes from hearing and hearing through the word of Christ." Romans 10:7

"For I am not ashamed of the gospel, for it is the power of God

for salvation to everyone who believes, to the Jew first and also to the Greek." Romans 1:16

You might not understand what you are reading (yet!) but keep hearing the word of Christ. Trust God to give you this unending gift of faith when you listen to His word. His light will begin to shine in you!

#2. Baptism

The Bible is filled with water! Well, not literally, but from Genesis through Revelation almost every reference to water points to baptism and its power to forgive sins, rescue from death and the devil, and give salvation to all who believe. Jesus commanded his disciples to baptize all nations (Matthew 28:18-20). When the water and the Word are splashed, poured or immersed on you, you can shine bright and proclaim, "I am baptized into Christ," and be certain that the comforting words of Romans 8:1 are true:

"There is therefore now no condemnation for those who are in Christ Jesus." What are you waiting for? Talk to your parents and pastor about this wonderful gift.

#3. Communion

One of my pastors likes to say, "If the water seals it, then the food feeds it." The sacred meal referred to in several ways such as Holy Communion or the Lord's Supper, is an outlet to receive God's power to shine. When we eat and drink his body and blood under the bread and wine, we receive the forgiveness of sins and a bright boost of faith power.

Martin Luther said, "This is a profound wonder and unexplainable mystery."

Talk to your parents and pastor about this wonderful gift. Stay plugged into Jesus and receive God's unending power! Look at you! God's power is your strength!

The Bible offers spiritual disciplines too!

Prayer, fasting, worship, service in your community, and honoring the Sabbath Day are just a few that came to mind.

These spiritual disciplines are not meant to be legalistic activities. We don't do things to earn God's love. We enter into spiritual disciplines because we already have the fullness of God's love through Christ. Spiritual disciplines are given to us as gifts from God. God promises to meet you in these activities to bless and comfort you.

So plug in and receive God's unending power! You can do all things through Christ who will strengthen you!

"No-Contact" Safety and Self-Defense Skills

Now it's time to transition into safety and self-defense skills. Before you go and jump into a crazy physical fight, let's talk about "no-contact" safety and self-defense skills. When you use these skills, you may change the outcome of the situation. Prevention is key!



Your Voice. Your Body. Your Distance.

Look at this picture of the girl and the bull. Define the words "Aggressive and Assertive" according to the picture.

Your Voice.

How can your voice be a form of self-defense?

What is the difference between an assertive voice or an

aggressive voice? How can the tone/volume of your voice make a situation better or worse?

Explain and/or give examples of how your voice can:

- communicate boundaries
- communicate intentions
- yell for help
- escalate and deescalate a situation

Your Body.

Look at the picture of the girl and the bull again. Describe the girl's body language. How can body language be a form of self-defense?

- Bullies seek victims who look weak.
- Poor posture can make you appear weak. But strong body language can make you look confident.
- Even if you don't feel confident, you can look confident as a form of self-defense.

If your head is down (and looking at your cell phone) how can that affect your posture?

Role play:

- Stand up and practice an assertive posture.
- Walk around with a book on your head. Stand tall, shoulders back. Eyes looking forward.
- How does looking down at your cell phone change your posture/body language and ability to look around?



The Body's Five Senses

God gave you five senses to use to be aware of your surroundings.

How can each of your senses be used for safety and self-defense?

The Five Senses

Draw a line from the Five Senses to the correct body part.

 Eyes •	•  Touch
 Ears •	•  Sight
 Mouth •	•  Smell
 Nose •	•  Taste
 Fingers & Toes •	•  Listen

♥ Use your senses.
Explore God's world!

Take
Care
Be Strong
Do More
for God's
Plan! ♥

Health Habits for Your Body

A healthy you
is a stronger,
safer you! ♥

How can taking care of your body be a form of **self-defense**?

- ♥ When you take care of your body, you protect your body from germs, diseases and obesity.
- ♥ Taking care of your body improves your immune system.

Strong
Healthy
Ready
for What's Next!

♥ Talk about these four "self-defense" tips for a healthy body.

1 Drink Water (not sugary drinks)



What "sugary" drink can you give up for one week?

2 Get Enough Sleep



How many hours of sleep do you need?

3 Eat Healthy Whole Foods



What new food can you try and learn how to cook?

4 Exercise Every Day



(create a fun exercise routine or try my self-defense plan) ♥



Which healthy habit do you need to improve?



Which one will be difficult to improve?



Challenge:

Pick one healthy habit to improve this week, keep track of your progress, and report back to the group on your success! ♥

Small
Habits
Make a Big
Difference! ♥

THE **GreatFlip**
Self-Defense and Life Skills for Girls

A Healthy Body Helps You Live Out Your Purpose! ♥

Be Prepared,
Not Scared. ♥



Role play

- Stand up with your partner and practice using your voice and your body. Practice an “assertive” body and voice!
- When your partner walks toward you, use your voice and your body to tell her to stop!
- Be direct. Don’t be aggressive (bossy).
- Begin with a calm voice, but you may need to escalate to a louder, more assertive voice. Call for help! Say Stop! Don’t want you to get any closer!

- **Read this Bible verse and describe her voice:**

“She opens her mouth with wisdom, and the teaching of kindness is on her tongue.”
Proverbs 31:26

Role play

- Ask your partner, “Are you okay?” “Tell me how you are feeling?” “Can I help you feel better?” “Do you need help?”
- Now use your voice to share kindness. Say something kind to the person.

It's time to take Action!

Self-Defense Skills

Congratulations! You have successfully learned how to use your voice and your body for safety and self-defense. Now let's use the final self-defense skill;

Your distance.

It's time to learn two self-defense skills from Coach Jody. She will teach you the wrist escape and the push kick.

- Go to my website at www.thegreatflip.com/shop and click on my online video course.

The video course includes several free videos, including the Wrist Escape and the Push Kick.

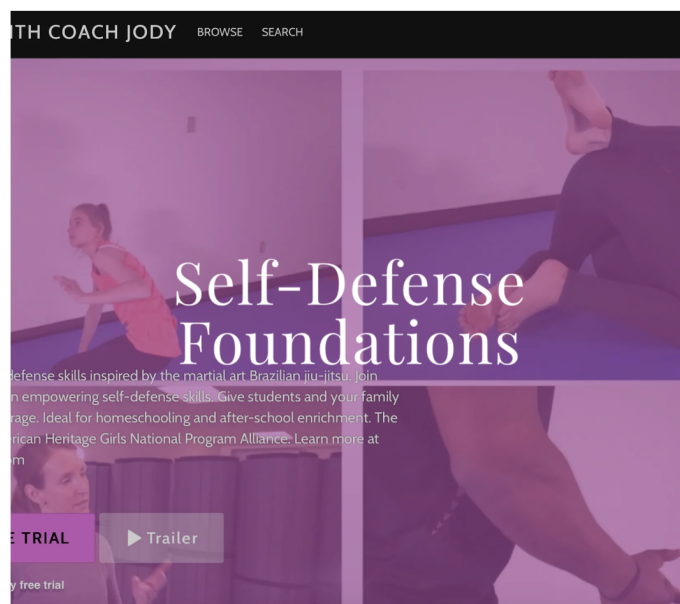
Try Now with a Three-Day Free Trial

CLICK HERE TO SHOP MY VIDEOS-ON-DEMAND

Click on Browse and View All to find the free videos.

I'd love for you to give the girls (and yourself) a subscription to the Self-Defense Course.

Try the Three-Day Free Trial to get started.



Congratulations!

You are a faith-filled, empowered girl!

Great job! You have completed The Great Flip Anti-Bully Activity!

Are you ready for more self-defense, safety and faith-filled empowerment at The Great Flip? The world could use more faith-filled, empowered girls like you!

As an American Heritage Girl, you can earn **The Great Flip Patch** and the **AHG Martial Arts Sports Pin** by completing my online Self-Defense Course.

Begin your Self-Defense Training at
www.thegreatflip.com

Share your experience with me at
thegreatflipsselfdefense@gmail.com

Follow me on social media on Instagram at
coach_jody_thegreatflip

On Facebook at
facebook.com/thegreatflip

Thank you for training with me!
See you on the mat! - Coach Jody

