

Verbal Judo: Redirecting behavior with words

Lesson 13: Do the right thing

In this week's Verbal Judo lesson, we learned ...

As martial artists, **we have a duty** to do the right thing. It's called **Ethical Intervention** .

Whether we're white belt beginners or black belt masters, **we all follow a high code of conduct**. We bow in class and treat others with respect. And whether we're in uniform or on the playground with our friends, we need to always be on our best behavior (That's the Art of Representation).

This means that if we see a bad situation unfolding, we can't just watch it happen. We are not innocent bystanders; **we need to step up** and so the right thing.

"Because I am a martial artist, bad things are not allowed to happen around me,"

Is it difficult? You bet. Taking action can be anything from telling a teacher what's going on or **telling the truth**, even when it hurts you or your friends. But your verbal Judo skills will help you through.

Did you know that **bullies never act alone**? In order for them to act like bullies, their victims, the authorities and the crowd just standing by all play a part in enabling the bullies, **if you speak up, you help make it stop**.

The Police Officers who use Verbal Judo to protect our safety call themselves Peace Warriors. As martial artist, we must also do what's right. **We are Peace Warriors, too**.

Complete and return this portion to your next class

Verbal Judo Car Talk for Lesson 13

Family challenge: Discuss the three scenarios below. Be sure to use as many of these Verbal Judo terms as you can:

1. **Art of Representation**
2. **Anger guard / Mushin (keeping your cool)**
3. **Word blocks**
4. **LEAPS (listen, empathize, ask, paraphrase, summarize)**
5. **Meet and Greet**
6. **5-Step (ask Tell them why, Give them options, Confirm Noncompliance, Act)**

1. The bully is shoving you around on the playground ... **what should you do?**

2. The student next to you is cheating on a test... **What should you do?**

3. Your friend is lying to their mother and asking you to cover for them... **What should you do?**