KEEP ON BULLYING!

BULLYING IS COOL!

Bullying isn’t cool. It hurts.

Bullies are no fun!

DOES A WHOLE LOT OF BULLYING!

WRITTEN AND CREATED BY MICHELLE BAIN
SPLOTCH THE MADPOLE IS A TADPOLE THAT IS VERY ANGRY INSIDE. TO FEEL BETTER, HE DOES A LOT OF THINGS TO MAKE OTHERS FEEL BAD, TOO...

Buckaroo! Yeah, you are a big baby and stupid! You are ugly! Hahaha! You don’t hopscotch well! Loser!

So, if I leave buckaroo out of a game at recess and make the other kids not eat lunch with him, that would be cool!

Buckaroo’s hopscotch games are so stupid. I am going to trip him when he plays and erase his hopscotch board on the playground.

DISCLAIMER. This book provides general information about bullying and related issues, and is not intended to be used as a solitary reference on the subject matter. Bullying can threaten a child’s physical and emotional safety and reports of bullying should be taken seriously. This information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a physical or emotional problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified physician or health care practitioner to discuss specific individual health issues or health needs, and to address personal, emotional, health, physical, nutritional or medical concerns. If you or someone you know is being bullied, you should tell and get help from an adult you trust, such as a parent, teacher, principal or counselor.
Splotch the Madpole had done a whole lot of bullying, and in fact—he really liked it and thought it was cool. He felt bigger, better, less angry and less hurt when he could bully others.

Who should I have “fun” with and pick on today?

Ahemm...

Splotch’s bullying made him feel good, but it made others feel very bad and afraid of him. The people he bullied just didn’t understand why he did it.

Why does he do that to me? I have never done anything to him.

What did I ever do to make him mad? He makes me scared!

Why does he hate me? When he’s nice, I like him and I think he’s funny!

One day school was almost over, and Splotch decided to play a big trick on Buckaroo. After all, everyone liked Buckaroo, and that bugged Splotch. He decided to ruin Buckaroo’s hopscotch game at recess.

That’s beautiful, Buckaroo!

Hmm... I should do something...

Splotch always felt left out of Buckaroo’s big hopscotch game. No one ever invited Splotch to play because they were hurt, mad, or afraid of him.

Buckaroo, that is amazing!

Buckaroo is so great. Pffftttt. I’ll fix that...

Buckaroo, you’re so cool!
Buckaroo finished his hopscotch drawing and ran off to find his friends. Splotch slowly walked up with a bucket of water and threw it all over the beautiful drawing.

Buckaroo was so upset that he ran away and began crying. His uncle Darby happened to be nearby, and asked what was wrong. Buckaroo told him everything about how Splotch had been bullying him.

Darby listened as Buckaroo told him about how Splotch called him names, left him out of games, and finally poured water all over his perfect hopscotch drawing.

That’s really tough. Bullies are no fun. I know it may be hard to do, especially when your feelings are hurt, but try to ignore him and repay his meanness with kindness! When he is mean on the outside, he may actually be really sad on the inside.

Buckaroo thought about what Darby said. He didn’t feel like being nice to Splotch at all, but what if Splotch really was sad inside? Buckaroo decided that he would try to do what his uncle suggested.

What’s wrong?

Thanks, Uncle Darby. Splotch may still bully me, but I’ll try to be nice.

Way to go, Buckaroo! You never know how that may change Splotch.
You're a jerk, weird, and not a fast runner!

Calling names and saying mean things is bullying. Even saying things behind someone's back is bullying!

Get out of here. We don't want girls to play. You don't belong here!

Bullying can be physical. If a person hits or pushes another, then it is a type of bullying.

Take that, Buckaroo!

Bullying can also be when someone leaves someone else out of a game or group.
Over summer break, Splotch waited by his phone every day for a phone call asking him to play! He had all of his games in a pile and ready, but no one ever called.

Hmmm. No one has called me all summer long. I have all of these games, but no one to play them with.

Tired of waiting for someone to call him, Splotch decided to go to the park that afternoon to play on his own. He decided to play basketball when two bully frogs showed up.

The older frogs took away Splotch’s basketball and wouldn’t give it back. Even when he asked nicely. They wanted to play, but were not very nice about it.

Look at this little baby-pole. This is our ball now!

The older frogs began to say mean things to Splotch, and it made him feel really bad. Even though he was sad, they thought it was funny!

Stupid ugly-pole! You are bad at basketball!

You have no friends! You don’t get to play!

Your colors are weird! You’re a big cry baby!
That night when Splotch went to sleep, he dreamed about all of the things he had done to the other kids during the school year. Things he had thought were funny, but were really bullying.

Splotch thought a lot about his dreams all summer long. When school finally started, Splotch felt like a different tadpole. He saw Buckaroo working on an art project and really wanted to help.

Hi, Buckaroo. Um, can I help with your project?

Buckaroo wanted to be friends with Splotch, but he was still a little worried about everything that had happened before. Splotch listened and was very sorry.

I would like your help, Splotch, but last time you knocked it down…

I know, and I’m really sorry. I realized I was just being a bully, and being bullied hurts. Can you forgive me?
Even though Splotch had done some bullying and not-so-nice things, he was very sorry and Buckaroo forgave him. Splotch knew he had to work really hard on being nice, kind and fair to everyone.

Of course! I would be happy to have you as a friend!

Saying mean things can make people feel bad.

People who hear it and those who say it.

From then on, Splotch and Buckaroo were great friends, and Splotch never bullied anyone again.

Write about a time that someone said a mean thing to you. How did it make you feel?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Write about a time that you said a mean thing to someone else. How did it make you feel?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

What are some nice things you could say to someone?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

SPLOTCH
I won’t be on Team Mean!

THE NON-BULLY FROG!
COLOR BUCKAROO AND SPLOTCH...

...AS THEY WORK ON THEIR ART PROJECT!

WORD FIND

Find all of the nice words below and circle them. Then find all of the mean words and cross them out.

Check each box as you find them.

NICE WORDS

☐ cool
☐ polite
☐ pretty
☐ smart

MEAN WORDS

☐ fat
☐ gross
☐ stupid
☐ ugly
Splotch is dreaming about his new friendship with Buckaroo. Draw some fun things they can do together!

**Now say these sentences out loud and watch yourself in the mirror.**

- You're good looking!
- You're smart!
- You're nice!
- You rock!
- You're talented!
- You're cool!
- I like you!
- I respect you!

**When you say these words:**

- How do you look? 😊😊😊
- How does it make you feel to say these words? 😊😊😊

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Splotch’s Anti-Bullying pledge

Bullying isn’t funny.
Bullying isn’t cool.
Bullying doesn’t work, at home or at school!

I will do my best,
I will really try...

Not to take my feelings out
on the next gal or guy.

It is awesome to be nice.
That will be my goal.

‘Cause no one wants to be
around a mean old madpole!

Write your name here with a permanent marker

This book teaches kids how to work and play with respect and appreciation for one another. In a healthy and safe learning environment, there is never a place for bullying behavior.

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Illustrated by Fox Hyon Smith
ISBN 978-0-9854666-3-3