

Raising Courageous Kids: Applying the Eight Steps to Practical Heroism to Predatory Bullying¹

Step	Discovery	Skill	Goal	Target of Predator Bullying	Witness to Predatory Bullying
1	Power	Willpower	“Persevere toward a worthy goal”	Develop sufficient self-confidence and self-assertion to oppose vulnerability. Refuse to be a victim.	Develop sufficient self-confidence and self-assertion to oppose predatory behavior toward potential victims.
2	Community	Care	“Love your neighbor as yourself”	Care about self while respecting the humanity of the predator. ²	Care about self and the target while respecting the humanity of the predator. Become a <i>witness</i> , not an audience.
3	Danger	Vigilance	“Be smart with your heart”	Be alert to circumstances and recognize and evaluate risk of alternative responses. Make fear a guide, not a master.	Recognize when intervention is really needed. Be alert to circumstances and recognize and evaluate risk of alternative responses. Make fear a guide, not a master.
4	Fear	Composure	“Stay calm in an emotional storm”	Control emotional arousal; calm oneself to retain poise under stress; engage in positive self-talk.	Control emotional arousal; calm oneself to retain poise under stress; engage in positive self-talk.
5	Individuality	Empathy	“Let yourself be touched by the suffering of others”	Experience compassion toward one’s own suffering; recognize the vulnerability targeted by the predator. Understand motives of predator.	Experience compassion toward the suffering of the predator’s target. Take the perspective of the target.
6	Morality	Integrity	“Act consistently with your principles”	Be guided by <i>inner-directed</i> principles and convictions of personal respect and dignity; have an internal locus of control.	Be guided by <i>inner-directed</i> principles and convictions of personal respect and dignity; have an internal locus of control.
7	Justice	Honor	“Take responsibility for your behavior”	Consider alternatives and their consequences for responding to the predator; evaluate options and assume responsibility for choices.	Consider alternatives for responding to the predator; and their potential consequences for the target; evaluate options and assume responsibility for choices.
8	Heroism	Valor	“Be kind and take risks to protect yourself and others”	Take decisive and intelligent action to protect oneself.	Take decisive and intelligent action to protect the predator’s target.



¹ This chart is based on *Raising Courageous Kids: Eight Steps to Practical Heroism* by Charles A. Smith (Sorin Books, 2004). Like other resources at <http://www.raisingcourageouskids.com> created by the author, it is subject to revision. Send your suggestions and comments to casmith@ksu.edu.

² Because the goal of “bullying” is to dominate and humiliate a potential victim, I prefer using the stronger word “predator.” In my view, the word “bully” does not adequately describe the destructive intention underlying this behavior. The word “bully” is more appropriate if an attempt to control someone is not necessarily accompanied by the goal of crushing another person’s self-respect and personal dignity.

³ Send your comments and suggestions about this chart to the author, Charles A. Smith at casmith@ksu.edu.