



Glossary of Key Terms from
Please Stop Laughing at Us . . . One Survivor's Extraordinary Quest to Prevent School Bullying

Adult Survivor of Peer Abuse™—an adult who was chronically bullied and/or shunned by his classmates and who has been scarred by this abuse.

Aggressive Exclusion™—the most damaging form of bullying, often used by Elite Tormentors, best defined as a deliberate omission of kindness. Examples include letting someone sit alone at lunch every day, ignoring someone as if he's invisible, always choosing the same person last when dividing into teams in class, letting someone walk alone to class and never inviting him to participate in social gatherings.

The Ancient Child™—the typical profile of the bullied student, best described as an old soul, a kid who's blessed or cursed, depending upon how you look at it, with a stronger conscience, and a more evolved sense of compassion and empathy than other kids his age. No matter how hard he tries to hide it, in the end, the sensitive, thoughtful adult inside him usually wins out over the teen who just wants to belong.

Arbitrary Exclusion™—when a best friend or group of friends inexplicably turns on someone and persuades everyone else in the clique to follow suit. This form of bullying rarely precipitates any specific act, but seems to come out of nowhere, which is what makes it so devastating.

Compassionate Discipline Driven by Curiosity™—enlightened innovative disciplinary strategies that help children discover the empathy inside them and develop it like a muscle. Its purpose is to teach children the joy of being kind as opposed to the consequences of being cruel, which is the focus of traditional punishment.

Elite Leader™—the caring, compassionate popular student.

Elite Tormentor™—the mean-spirited popular student who employs subtle, insidious forms of bullying such as *Aggressive Exclusion* and *Arbitrary Exclusion*.

Empathy Deficit Disorder™—a chronic lack of empathy that inhibits a child's access to the compassion inside him.

Irreverent Educator™—the teacher with the instinct of an activist. He or she isn't afraid to stand up to authority or challenge the status quo and will break the rules when necessary. The Reverent Educator is the teacher who respects the rules and prefers established policies and procedures to get things done.

Note: Both types of educators are equally vital to the system. One is the catalyst for change, and the other the facilitator, and it's the blending of the two that makes a school run efficiently.

Rejection Junkie Syndrome™—a form of self-sabotage experienced by many peer abuse victims in which a person grows so accustomed to negative attention from his classmates that when they finally do leave him alone it's like a death, and he finds himself provoking them to bully him again because if he's being ridiculed at least he knows he still exists. It's as if circumstances drive him to make a choice between being a no one and being a target.