



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## ABC Word Definitions

**A blue day** – Refers to a day when a person feels sad, depressed, unhappy or lethargic (temporary).

**A secret bully** – Someone who is mean to another and no one else knows that this person is *saying or doing* mean things to that person; May also refer to a “friend” that uses bully behaviors to control another person.

**ABC student toolbox** – All of the techniques and tools introduced and practiced in the ABC Lessons.

**Action triggers** – This is a list of immediate goal steps. Each step (action) has a date and time (trigger) as part of a successful plan.

**B.F.F. – Bucket Fillers Forever** People who do and say things that help others feel noticed, known, and appreciated are bucket fillers. By intentionally choosing to be a bucket filler, we invite you to be a BFF-Bucket Filler Forever.

**Be in charge of feelings** – Everyone has personal power and control over how they respond to strong emotions and the emotions of others.

**Blooming** - When a person is supported by others or cared for by others in positive, healthy ways that allow them to thrive.

**Bucket Dipper** – The person or the action of using behaviors to hurt another person. When people feel that their own bucket is empty, they often make the mistake of trying to fill their bucket up by dipping into the good feelings of others with name-calling, gossip, etc.

**Bucket Dipping** - The action of using behaviors to hurt another person with the mistaken belief that removing good feelings from the buckets of others will fill his/her own bucket.

**Bucket Filler** - A person who fills their buckets and the buckets of others with kind words and acts. (Being kind to one another.)

**Bucket Filling** - The act of filling one’s own or another’s bucket with good feelings, affirming words, or kind acts.

**Bucket Gram** – A special note that is written to *fill someone’s bucket* by making them feel noticed, known and valued. It contains a message that is full of caring and support.

**Bully** – A person or behavior by a person who has power over another and repeatedly tries to commit a physical, verbal, or relational action against them.

**Bully behavior** – Behavior(s) a person uses to repeatedly inflict hurt on others when their bucket feels empty. Examples of bully behavior include: relational, physical and verbal hurts like calling someone a name, excluding someone, spreading a rumor, pushing or tripping, or physically hurting someone. Bully behaviors can also occur using technology-see cyber bullying.

**Bully Triangle** – This is a diagram that explains the complex dynamic of a bully behavior incident. The interactions of a bully behavior, directed at target and observed by bystanders are outlined. See the *Say Something* lesson plan from Asset Year for a full explanation.

**Bystander** – This is a person adopting a powerless position of standing by, watching, waiting, and possibly wondering what to do when they observe an incident. By remaining silent, bystanders can give a person inflicting a bully behavior the impression that it is OK. Bystanders can also give the target an impression that they agree with the bully behavior or that the bystander thinks the target deserves the mistreatment. Sometimes bystanders will even join in with the bully behavior if they are unsure what to do, nervous and/or fear becoming a target themselves.

**Caring Adult** – Adults that are champions for all kids. Adults, who care about kids, listen to kids, encourage them to do their best and support them when they struggle.

**CHIRP** – An acronym that stands for courage, honesty, integrity, responsibility, and perseverance. **Courage** – the ability to show resoluteness and determination against a wide range of difficulties or dangers. **Honesty** – telling the truth, even when it is not easy.

**Integrity** – having a personal moral code and sticking to it no matter what, and/or doing the right thing and feeling good about it. **Responsibility** - taking ownership of your own behavior. **Perseverance** – working hard at a task until it is finished.

**Clear thoughts** – Statements or thoughts that are optimistic and view obstacles as temporary and/or transitory; “I blew it this time on my test. I can do better if I ask my mom to help me study more.” The focus is positive and something that is actionable.

**Cold Pricklies** – *Bucket Dippers* hurtful words or phrases that feel like a dip into our buckets such as name-calling, teasing, racial slurs, hurtful actions such as exclusion, or physical acts like pushing or kicking.

**Crumples on your heart** –This expression illustrates the idea that words can hurt and leave a lasting impression. Even after a *genuine apology* is made, there can still be “crumples” on your heart that can hurt for a long while.

**Culture** – Integrated patterns of human behavior that include the language, thoughts, communications, actions, customs, beliefs, values and institutions of racial, ethnic, religious or social groups. A social system of meaning and custom that is developed by a group of people to assure its adaptation and survival.

**Cyberbullying** – A type of bullying that happens in the digital world with technology like email, texting, websites, chat rooms, etc.

**Dance to Your Own Song** – Have the confidence to do what you want to do, in a way that works for you.

**Danger Zones** – Areas on school campus where bully behaviors repeatedly take place.

**Dare to try** – A phrase that encourages people to try new things. Rise above fear and engage in activities that are interesting, even at the risk of not being “good”, at first (or ever). It is OK to not master a new activity or skill. Feel good about the experience of trying something new.

**Developmental Assets** – Search Institute has developed a framework adopted by Project Cornerstone that identifies 41 essential experiences and relationships that benefit all youth. For more information, visit [www.ProjectCornerstone.org](http://www.ProjectCornerstone.org)

**Difference** – something that is not the same about two or more people.

**Diversity** – Includes all the ways in which people differ, and it encompasses all the different characteristics that make one individual or group different from another. It is all-inclusive and recognizes everyone and every group as part of the diversity that should be valued.

**Discrimination** – When we act upon negative opinions or attitudes and deny people fair treatment based on our own prejudice. Discrimination is bullying someone or a class of people with words, exclusion, and/or physical attacks.

**Don't Dip** – The second law of bucket filling. Do not make the common mistake of trying to fill your own bucket by dipping (doing mean things to others).

**Don't take the bait** –The fishing analogy that reminds us we can choose how to react to a *hook* (tease or putdown).

**Dot Attitude** – Think of a page of paper with a small dot at its center. A dot attitude is a tendency to focus on the dot, rather than the 95% of the page without a dot. ABC language invites us to shift our focus from the dot (the “problem”), and instead focus on the rest of the “picture” or positive possibilities.

**Empathy** – Understand and care about someone else's feelings. Remember and connect with the feeling you had when something similar happened to you.

**Everyone counts** – We all are valuable. We all are needed and important in the world.

**Free Fish** – Someone who knows how to avoid teases by choosing to react using one or more of the 5 ways to avoid being teased (ignore, agree, distract, humor, and stay away) introduced in the ABC book, Simon’s Hook.

**Frenemies** – Term used to describe a “friend” who mistreats others with enemy behaviors. Frequently, these behaviors occur in a yo-yo fashion, controlling the target by inviting them in and then pushing the target away at the whim of the “frenemy”.

**Friendship boosters** – Positive things you can say and do that build new or stronger relationships with people. Friendship boosting behaviors can include: smiling, learning names, greeting one another, listening, accepting differences, etc.

**Friendship Role Model** – A person who acts in an inclusive manner and consistently *stops and thinks* how their behavior will impact the lives of others.

**Genuine apology** – A heartfelt way of saying, “I am sorry” that follows the steps of: accepting responsibility; acknowledging the harm done to others; repairing damage; committing to change.

**Goal champions** – Role models that help you stay on track and work toward achieving your goal.

**Gossip** – Conversation about the personal matters of others. In most cases it is talking about other people in a mean way, as a way of “dipping”.

**Group bucket filling** - When the whole group fills one person’s bucket.

**Growth mindset** – The positive belief that we have the ability to learn, grow and change. Challenges are embraced as steps to learning and growing.

**Healthy Talk** – Helpful and constructive words that build relationships.

**Hooks** – Teases, putdowns, taunts and other attempts to get a reaction from a target.

**Inclusion** – The act of creating environments in which any individual or group can be and feel welcomed, respected, supported, and valued to fully participate. An inclusive and welcoming climate embraces differences and offers respect in words and actions for all people.

**I messages** – A conflict resolution technique used in trusting relationships to assert feelings in a non-confrontational way. This is the format:

I feel \_\_\_\_\_(state the feeling)

when \_\_\_\_\_ (state the behavior)

I would like \_\_\_\_\_(state what you want to happen)

**Intentional acts of caring** – A purposeful activity done to show that a person is thinking about someone beyond themselves, and wants to show them a kindness.

**It just takes one!** – One person can affect change and make a difference in the world.

**Just Kidding** – A commonly used and unacceptable excuse for hurtful behavior. See: genuine apology.

**Just OK** – Exploring and trying new things simply to experience enjoyment of the activity. One doesn't have to master the activity, or even be good at it, just enjoy doing it.

**Long-handled dippers** –People who *dip into your bucket* in the digital world and/or using technology. They practice bully behaviors with text, email, blog, or in other online activities.

**Mixed messages** – When one thing is said or acted out, but the meaning is actually the opposite of what is said or done- as in sarcasm; or when conflicting messages are received from a variety of trusted sources resulting in confusion by the receiver.

**Mud thoughts** – Negative, *put-down* statements, self-talk or thoughts to oneself that tend to obscure positive options. For example: "I am not good at math." This thought seems permanent and unsolvable.

**New Normal** – Creating a normal school climate that is more accepting and creating a climate where all students feel connected, belonging and cared for as a part of the regular day.

**Notice, name and celebrate** – Intentionally look for, describe and comment upon students being optimistic, doing well, or trying new things. State the specific action. Comment on exactly the behavior or action you want to reinforce. Honor or reward the person with positive, affirming words or actions.

**Perceived enemy** – This is someone you don't know and yet decide that cannot be your friend because you think they don't like you. Stereotyping and mud thoughts contribute to this perception.

**Personal power** - Personal power is about taking control over one's own responses to obstacles: your attitude, actions, and outlook. An empowered attitude is instrumental in a person's ability to solve problems throughout life. You have control over things that happen to you. You can choose how to react/respond.

**Positive self-talk**- Using words that promote personal power. Everyone has their own list of affirmations that make them feel good about themselves. Tap into the voice inside of you that says: "I can do this!" We are in control of our thoughts and internal dialog; we are empowered and know our strengths. We *use a lid* to protect our buckets (and the good feelings we have about ourselves).

**Prejudice** – To pre-judge a person or situation based upon bias. A fixed opinion about a person or group of persons based upon appearance, race, income, education, disability, etc.

**Proactive** – A person that chooses to react by being open to new challenges and change; To choose to stay cool and calm under duress. Proactive statements sound like, “I can”, “and I’ll try it”, or “Let’s hear all the options, before we make a decision”.

**Put-downs or Teases** – Comments or actions that result in making someone else feel hurt, devalued and/or isolated. Sometimes, these are comments that began as playful and escalated or continued to a point where they became hurtful.

**Reactive** – A personality that responds quickly and without thinking through the consequences of their responses. Choices made out of impulse alone. A reactive response sounds fixed and permanent like, “I can’t”, “I give up”, or “I don’t want to”.

**Relational bullying:** Acts of emotional bullying among a tightly knit network of peers that threatens inclusion in the group; Includes actions like spreading rumors, intimidating and humiliating, excluding and ignoring, controlling and/or manipulating a target.

**Resilience** – The ability to bounce back, recover from adversity or return to your original form. Resilience is built with repeated positive experiences with competence, confidence, support, positive values, contributions to others, coping strategies and personal power.

**Role Model** - Someone who consistently models good behavior in words and deeds.

**Rumors** - Accounts of events or people that are shared with others and are not factually true; telling lies about someone else.

**Say and do something** – Phrase that illustrates how a bystander can choose to take action verbally or physically to become an UPstander. UPstanders interrupt bullying behaviors by giving support to a target or positively influencing a person inflicting a bully behavior.

**Set a GPS** – GPS stands for goals, path to take, and the shift that is sometimes needed to attain your goal. *Set a GPS* is about goal setting and the steps one needs to take to achieve their goal.

**Shrinking the change** – Breaking down a large goal into smaller, easier to achieve steps.

**Social conflicts** – This is an interaction between 2 or more people where they disagree. There is no power imbalance. Participants may become upset, angry, frustrated, say negative words or be physical, in the moment.

**Spark champions** – Mentors who help youth explore and discover their passions and *sparks*.

**Sparks** – The good and useful personal interests, dreams, and/or passions that all people have, even if they have not been identified.

**Stand in someone else's shoes** – Pretend to be the person you are trying to understand; Have empathy for someone else.

**Stand Tall** – Project confidence when interacting with others. Stand up straight with shoulders straight. Make eye contact. Smile. Project a positive, confident attitude.

**Stereotypes** – An oversimplified standardized image or idea about a group or person. For example, "All flowers are yellow."

**Sticky friend** – A person who will stand with you, help you, support and advise you, in both good and bad times.

**Stop, think and choose how to react** – Pause and think before you speak or act. Remind yourself of the many positive and peaceful options you can choose from in response to disappointment, frustration and hurt. These options are the tools in your toolbox. Ask yourself, "Which tool is the best tool to use in this situation?" Choose a course of action, rather than impulsively reacting to difficult situations.

**Stop, think and understand** – A technique used to walk in the shoes of someone else (gain empathy) and be aware of why they are choosing bucket dipper behaviors.

**Stop, think and visualize** – Pause and reflect on the situation and your options before acting. Imagine how you would like the situation to unfold in a positive manner.

**Swim free** - When you choose how to react to a tease and are able to respond to the hook calmly, with a thoughtful response.

**Switch directions** – This is an intentional effort to change the way you are feeling or acting. When you see that your feelings or actions may not be the best way to continue, you can intentionally choose to make a change, and go a different route with words or actions.

**Take 5** – A personal timeout to stop and reflect. Choose to use calm, thoughtful moments with oneself, as a relaxation technique.

**Tap into your personal power!** – The ability to look inside and know that you can choose to *do or say something* from a strength-based position.

**Target** – The person who is receiving the bully behavior. This person may be or feel left out or alone. He/she may be anticipating, already experiencing a bully behavior or be the potential victim of bully behaviors.

**Tattling-** A bully behavior; the purpose is to get someone else in trouble, to take revenge or to get attention for oneself.

**Tell and Make a Report** – *Telling and making a report* lets adults know what is happening when you are a witness to or experience a bullying incident or social conflict, and need support. The purpose of telling/reporting is to prevent something from happening or to protect someone. Children report when they:

- want protection for their own or someone else's property
- want protection for themselves or someone else
- are scared or in danger
- do not know what to do and need support/advice from a caring adult

**The 10-Second Intervention** – A technique used by all adults on campus to interrupt bully behaviors. When an unacceptable behavior (word or deed) occurs, every adult must immediately:

1. Stop
2. Turn calmly to whoever said the inappropriate statement
3. Say something like, "That's inappropriate language for school. Please don't say it again"
4. Move on—no lecture, argument or further discussion

**The director of your emotions**— Know that you have personal power and control over how you respond to your strong emotions and the emotions of others.

**The OK Kid** – A child that is happy exploring and trying new experiences and satisfied with the experience of the activity, even if they do not master it. This child is not bothered about making mistakes or feeling pressured to be an expert. He/she learns from his mistakes and develops resiliency because of them.

**Toolbox**- The collection of strategies and techniques taught in the ABC Reader program to empower youth and strengthen school communities.

**Trouble Talk** – Destructive words that promote gossiping, rumor spreading, lying, or saying hurtful things.

**Turn your blue day around** – This phrase refers to intentionally changing your mood from one of sadness to a sunnier, happier frame of mind.

**UPstander** – A hero who stands up for what is right WITHOUT putting themselves in harm's way. This is the person that says or does something to positively influence either the target or the person doing the bully behavior, so that the bullying is interrupted. They stand up to bully behaviors and advocate for targets. They make everyone feel like they belong.

**Use your lid** – The third law of bucket filling. Imagine preventing others from dipping into your bucket and removing good feelings, by putting a lid on your bucket- Make a choice to protect yourself by using any of the 5 rules for being a free fish.

**Verbal bullying** – Using words to tease, put-down, isolate, control and/or make fun of people.

**Walk in someone else's shoes** – The act of using empathy and/or imagination to understand another person's situation.

**Walk proud, smile big and sing loud** – Actions to take when *standing tall*. A phrase used to remind youth that acting with confidence can help us gain confidence, too.

**Warm Fuzzies** - Good feelings/affirming words/kind acts given to or by others to fill buckets

**Wearing a Bully Hat** – Someone choosing to respond with bully behaviors as a response to bully behaviors directed at them.

**Web of support** – A network of caring adults and/or peers who care for you and are supportive of you, when you need help.

**What we permit, we promote** – When an inappropriate behavior or statement is unaddressed by adults, youth perceive that the behavior must be OK. By not interrupting unacceptable behavior, we inadvertently promote or encourage the behavior to persist and/or escalate.

**Wilting** – The sad feeling one experiences when they are being put-down, embarrassed, undermined, threatened, excluded, teased and otherwise mistreated. Bully behaviors, feeling alone and social conflicts are examples of things that can cause others to feel like *wilting*.