



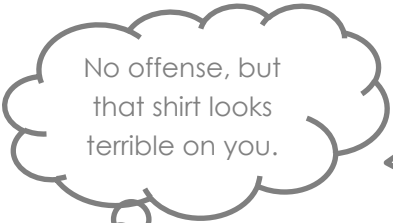

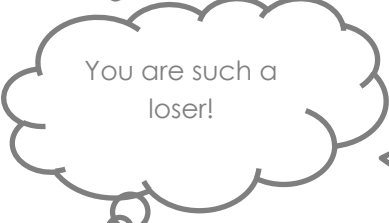







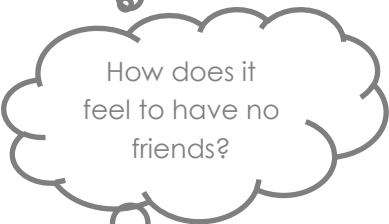



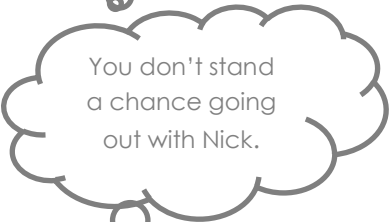

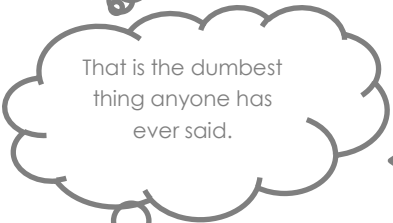

Understanding Fogging

Standing up to a bully can be intimidating. But learning ways to respond to a bully without escalating the situation can help stop the bullying.

Fogging is when a person who is being bullied responds with neutral statements or is in agreement with what the bully says. The person being bullied does not deny what is being said and does not act aggressively. For example saying, "Thanks" or "That's your opinion." The idea is to show the bully that they are not succeeding in bothering you.

GOAL: Learn how to use fogging and come up with your own fogging statements.

Read the following bullying statements and come up with some fogging responses on your own. Use the first few examples as a guide for coming up with your own responses.

 <p>I've never seen someone's hair such a mess!</p>	 <p>Fogging response: Thanks.</p>	 <p>No offense, but that shirt looks terrible on you.</p>	 <p>Fogging response: That's your opinion.</p>
 <p>You are such a loser!</p>	 <p>Fogging response:</p>	 <p>Here comes Miss Piggy! Why don't you go eat another piece of pizza.</p>	 <p>Fogging response:</p>
 <p>Everybody pretty much hates you.</p>	 <p>Fogging response:</p>	 <p>Nobody cares what you think.</p>	 <p>Fogging response:</p>
 <p>How does it feel to have no friends?</p>	 <p>Fogging response:</p>	 <p>You're just a big geek.</p>	 <p>Fogging response:</p>
 <p>You don't stand a chance going out with Nick.</p>	 <p>Fogging response:</p>	 <p>That is the dumbest thing anyone has ever said.</p>	 <p>Fogging response:</p>

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