Go to Bat
For Fair Play

Join the Team to Stop Bullying

Phil Coke
Alex Avila

This Newspapers in Education Program Presented By
I wanted to earn the respect of my teammates, be a leader on the field and make a difference off the field. Respect, leadership and character are things that have helped me become successful in my life. They also are things that are necessary to stop a problem that is making it hard for many kids to be successful in their lives. The problem is bullying, and it can affect kids in any school and any community. Bullying holds kids back, whether it involves physical threats, verbal threats or put-downs over the Internet.

I know. I’ve been there. And I know every kid can step up to be a leader to stop bullying. It starts with respect. Respect for other kids, respect for their right not to be hassled, respect for their right to go to school, play sports or pursue other interests without threats or intimidation.

Every kid can be a leader when it comes to stopping bullies. Every kid can give support to someone who is being bullied, let bullies know it’s not cool to bully and let adults know when bullying is happening.

Kids who do that have the kind of character that will make them successful in life. They have the courage to want to change things, the conviction to get it done and the honesty to tell bullies no one is impressed with their act.

Putting a stop to bullying gives everyone a fair chance to succeed, follow their dreams or do the things they’re good at.

So as you start a new school year, join me and the Tigers to put an end to bullying. Join us as we “Go to Bat for Fair Play.”
Bullying Affects Everyone

At school, on the playground or in your neighborhood, one of the biggest threats to fair play is bullying.

When people bully others, they try to hold people down in an effort to build themselves up.

They try to take unfair advantage of people who are smaller, younger, weaker or different from themselves.

They use violence — or threats of violence — to make others afraid and uncomfortable.

They use words and mean looks to put others down or exclude them from groups or make them feel bad about themselves.

They use the Internet, email, or cell phones to spread gossip, nasty remarks and even photos or videos that make fun of others.

Bullying makes it impossible for everyone to have a fair chance to succeed — even the bullies.

Why Do People Bully?

People bully others for many reasons.

Some people bully because they want to impress a peer group or a group they want to get “in” with.

Some bully because they are having problems or feel bad about themselves, and think bullying others will make them feel better or stronger.

Some bully because they see other people behave like bullies — brothers, sisters, parents or other kids in the neighborhood.

Some bully because they feel if they don’t bully someone else, someone else will bully them.

Both Boys and Girls

Both boys and girls can be bullies and both boys and girls can be the targets of bullies.

Boys are more likely to use physical violence — or the threat of violence — to bully.

Girls are more like to use words, gossip, putdowns and stares to bully or intimidate others.

At the same time, some girls are violent bullies and some boys use words or putdowns to bully.

And both boys and girls use the Internet, text messages, e-mail, Twitter and social sites like Facebook for electronic bullying — called “cyberbullying.”

Bullying makes it harder for people to succeed — even the bullies.

Learn with the Newspaper

When people bully others, they take unfair advantage of people because they are smaller, weaker or different. When people stand up to bullying, they treat all people fairly and treat them with respect. In the newspaper, find a story about someone treating others fairly or with respect. Read the story and write a complete sentence stating how the fair treatment benefited the person who received it. Then write a second sentence stating how the fair treatment benefited the person who offered it.
Phil Coke has been a Major League pitcher for four years and a top athlete all his life. But he has a secret he wants to share with kids to help them understand how bullying affects people.

“I know that it’s hard to believe, but I’ve been bullied myself,” he says. “If I had had more skills to help myself, I would have been able to stop what was occurring sooner.

“If I had not been afraid to say something to a teacher or even the principal — if I hadn’t been scared to do that — I wouldn’t have gone through so many different levels of bullying. It’s important for kids to learn skills to help them stop bullying.”

Because he had experienced bullying as a student coming up in school, Coke was quick to say “yes” when he was asked to be the spokesperson for this year’s Tigers education program “Tigers Go to Bat for Fair Play.”

“Bullying is a problem in many schools,” he says. “Somebody’s got to do something. If you’re a witness to bullying of any sort, or a victim of bullying of any sort, you need to find an adult and let them know about the situation. Because if you don’t and you let it go, it’s going to continue.”

Coke knows that is hard for some kids, who fear that they’ll be seen as “selling out” or “being a snitch” if they report bullying.

That’s “backwards” thinking, says Coke, who is 29 years old.

“I think it is incredibly important and intelligent to be willing to stop bullying, and not be the one that is doing the bullying,” he says. “Why is it okay to put the person that’s doing the bullying on a pedestal because you’re scared that if you don’t he’s going to come after you or she’s going to come after you? I’m sorry, but I think we’ve got it backwards.”

Growing up in Sonora, California, Coke says he was a kid who was willing to stand up to bullying when he saw it happening. But he cautions today’s students not to put themselves in “a bad position” that could grow violent.

It’s better to find an adult — a teacher, a counselor, a playground aide — “just to get eyes on the situation.”

“There’s always somebody that you can find,” he says. “Get in touch with an adult and let them know about the situation.”

In his second season with the Tigers, the left-handed Coke has been used as both a starting pitcher and a reliever. Last year, after coming to the Tigers in a trade with the New York Yankees, he was one of the team’s most reliable relievers, pitching in 74 games and recording seven wins.

Being traded to Detroit brought Coke’s career full circle, in a way, because his first Major League game ever was against the Tigers in Comerica Park.
Everyone Can Help Stop Bullying

The Tigers mascot PAWS is a familiar figure at games the team plays at Comerica Park.
PAWS is also a familiar figure in neighborhoods throughout Detroit and Michigan.
When PAWS visits schools, playgrounds, camps and recreation centers, he’s always looking for ways to make communities better.
This fall PAWS is joining the team’s efforts to stop bullying by offering “The PAWS Plan for Fair Play.”
The PAWS Plan contains advice from bullying experts that can help you if you are bullied and show you what to do if you see someone else being bullied.

If You Are Bullied …

1. **Speak Up.** Nobody likes to be picked on, but ignoring the situation will make it worse. Calmly tell the bully “Stop it.”
2. **Never Fight Back,** but firmly tell the bully “leave me alone” and walk away with confidence.
3. **Tell an Adult You Trust.** Many kids feel embarrassed they have been bullied, but you need to tell an adult who can offer ways to help you.
4. **Stick Together.** Staying with a group will help discourage bullies. Bullies like to pick on people who seem alone.
5. **Remember It’s Not Your Fault.** Nobody deserves to be bullied. Talk to a friend or trusted adult about how you feel.
6. **Do Not Bully Back.** Never bully someone else because someone bullied you.
7. **Don’t Let the Bully Win.** Keep doing what you love to do. Keep coming to school. Keep following your interests.

If Someone Else Is Bullied …

1. **Speak Up.** If you feel safe in the situation, tell the bully “Stop it.”
2. **Tell an Adult.** Kids who are being bullied are sometimes scared to tell an adult. But a bystander can tell an adult — and should. At school, tell a teacher, an aide, a coach, a custodian, a guard or the principal.
3. **Be a Friend.** Even if you don’t know the person being bullied, go over to them. Let them know how you think they are feeling. Walk with them.
4. **Stop Untrue Messages.** If someone spreads rumors or messages you know are untrue, tell the person you know this is wrong, and tell others as well.
5. **Get Friends Involved.** Get your friends to help a person who is being bullied.
6. **Refuse to Be a Bystander.** If you see friends laughing along with a bully, let them know that by laughing they also are being bullies to the victim.

Listen to Brennan Boesch

As a star in high school, college, the minor leagues and the Major Leagues, Brennan Boesch has learned how important it is to stay cool under pressure.
Lose your head, and you can’t concentrate as well, and you won’t perform to the best of your ability.
The Tigers right fielder also has seen how important it is to keep cool off the field when faced with pressure situations.
And as more kids face the problem of bullying in school or their neighborhoods, he says that is something to always remember.
“I think the best way for someone to reduce bullying is to really not act upset when it happens,” he says. “You go and tell an adult, but don’t play into the fact you’re upset. If you kind of laugh about it and show that it doesn’t bother you, it will take the heat away from you and it will put it on the kid that’s bullying.”
Growing up in Santa Monica, California, Boesch saw bullying first hand because he was a good athlete and was always playing sports.
“I was bullied when I was young,” he says. “In kindergarten, first and second grade I would always play with the older kids since I was pretty athletic for my age. They didn’t like me for beating them, so they would try to pick on me.”
When that happened, he would tell his parents when he got home.

“You deserve to be treated with respect.”

“They encouraged me to keep going out there and to stand my ground and let the bullies know I wasn’t okay with it,” recalls Boesch, who is now 26 and 6 feet, 4 inches tall. “It happens in school all the time but people turn away. It’s important that people are aware that bullying is not okay.”
Later, when Boesch was older, he took it upon himself to look out for the younger kids, to make sure they weren’t bullied as he had been.
It’s everybody’s responsibility to stop bullying, says Boesch, who was called up by the Tigers from the minor leagues early last season and went on to hit 14 home runs.
“You may not be the best athlete, or the strongest, but you need to understand that you deserve to be treated with respect,” he says. “When you see someone getting bullied, just make sure that you’re not afraid to tell someone.
“Don’t be afraid to go grab an adult and let them know that there is something going on that is inappropriate,” Boesch says. “And if someone’s getting bullied, don’t hesitate to step in and tell the bully, ‘Hey, I think what you’re doing is wrong.’”
Boesch believes in being a role model, as he was when he hit .490 as a senior in high school or when he earned All-PAC 10 first team all-star honors at the University of California, Berkeley.
“It’s part of your responsibility as a good person to make sure that people around you are being treated properly,” he says. “It’s important that people are more aware of how others are treated.”
As an All-Star catcher, Alex Avila knows it’s his job to stay on top of everything when his team is in the field. He has to keep his pitchers focused and call the pitches they will throw. He has to keep his eye on base runners. He has to make sure his teammates are in the right positions when they defend against hitters for the other team.

When kids have to deal with bullying, he feels they need to do what he does on the field as a catcher.

“Be aware of what is going on around you,” he says. “Listen. And always have an adult that you can connect to, whether it’s your parents or your teachers.”

In three seasons with the Tigers, Avila has become a leader for the team. He’s earned respect for the way he handles star pitchers like Justin Verlander, Jose Valverde and Rick Porcello, and this year he earned his first trip to the Major League All-Star Game by hitting over .300 in the first half of the season.

But leadership also involves having the courage to stand up for what is right.

“Naturally they came after me, and we ended up pushing each other and saying some nasty words,” he recalls. “Then the teacher walked in, and I told her what had happened and the two bullies were suspended.”

Some kids, Avila knows, wouldn’t have reported on the bullies to the teacher, especially in public with other kids watching. But he didn’t hesitate.

“You’re never being a snitch when you tell an adult about bullying, because it is the right thing to do.”

“‘You’re never being a snitch when you tell an adult about bullying, because it is the right thing to do.”

#13 Catcher Alex Avila

Learn with the Newspaper

Both Brennan Boesch and Alex Avila believe people have a responsibility to help others, even when it might be uncomfortable or an unpopular thing to do. Telling an adult about bullying is one example, but people help others in many other ways as well. In the newspaper, find a story about someone taking responsibility to help others. The person can be acting on their own, as part of a group or team, or in politics or government. Write a letter to the editor, describing what the person did and why it made the community better.
Every year when school begins, special efforts are made to keep kids safe from bullying. In the past, schools have focused on face-to-face problems like teasing, taunting and even physical violence that can occur when kids get back together after a summer off.

Today, students, parents and school leaders are facing another problem that is harder to fight: Bullying, taunting and verbal abuse through electronic devices and the Internet. Cell phones, smart phones, laptops and home computers have given kids ways to communicate that their parents could only have dreamed of.

And increasingly, text messages, blogs and social websites like Facebook, are being used to embarrass, taunt, threaten or harass other students.

The problem has grown to the point that the nation’s Centers for Disease Control, which monitors health and social problems, released a package of materials to help students, parents and schools push back against what it calls “electronic aggression.”

As many as one of every three adolescents may now be victims of electronic aggression each year, according to studies by the CDC and the Journal of Adolescent Health.

“Increasing numbers of teens and pre-teens are becoming victims of this new form of violence,” the CDC declares.

And “as technology becomes more affordable and sophisticated, rates of electronic aggression are likely to continue to increase.”

Electronic Bullying is a Growing Concern

Not Just Internet

Electronic aggression is a bigger problem than what used to be called “cyberbullying” on the Internet, because it’s more than an Internet issue. It includes “any kind of aggression perpetrated through technology,” the CDC says, “…any type of harassment or bullying…that occurs through email, a chat room, instant messaging, a website, blogs or text messaging.”

More than 80 percent of adolescents now have the tools for electronic aggression through cell phones, smart phones, Blackberries or Internet access, according to studies conducted by the Journal of Adolescent Health.

No Names

One of the biggest problems with electronic bullying is that people don’t have to use their names. As many as 46 percent of electronic bullying victims don’t know who is targeting them because messages are sent under false names, or with no name at all, the CDC reports. Even more disturbing, 22 percent of kids who bully others electronically say they don’t know the identity of their target.

Using false names, kids feel free to be meaner and nastier electronically than they would ever be face to face or over the phone.

As a result, “in the electronic world a victim is often alone when responding to aggressive emails or text messages,” the CDC says. “His or her only defense may be to turn off the computer or cell phone.”

Learn with the Newspaper

Texting, blogs, chat rooms and websites are the most common ways victims are targeted by electronic bullying, according to national studies. And once messages are sent or posted, they can’t be taken back. As a class, talk about the dangers of electronic bullying. Then draw an editorial cartoon or comic strip for the newspaper, showing the possible result of electronic bullying sent or experienced in one of these ways.
Don Kelly is listed as an outfielder on the Tigers player roster, but he’s one of the most unique outfielders you’ll ever see in the Major Leagues. That’s because he could just as easily be called an “every-fielder” for what he’s done in baseball.

In his professional career, he has played every position on the field, including pitcher and catcher! Few players have the skills — or willingness — to take on the challenges of playing different positions.

But the 31-year-old Kelly isn’t afraid to jump in wherever he’s needed to help the team. Having that kind of attitude has helped Kelly earn a spot in the Major Leagues. And having that kind of attitude can help kids deal with problems they face in school or their neighborhood.

It’s especially important when dealing with bullies, because the way to stop bullying is to let people know it’s not okay, Kelly says. “Kids can do a lot of different things,” he says. “For starters, they can just tell an adult about it. By telling an adult they can nip it in the bud, stop it from happening and get it out of the way.”

Bullies often get away with their bad behavior because bystanders don’t speak up or get involved. But everyone can play a part to stop bullying.

Kelly, who’s now 6-foot, 4-inches tall, wasn’t bothered by bullies growing up in Butler, Pennsylvania. He was a good athlete and only recalls getting bullied once.

It probably only happened once, because it ended badly for the bully, who had underestimated Kelly’s willingness to stand up for himself.

Today, Kelly would recommend that kids take a different approach than mixing it up. And he suggests they always consider the circumstances when deciding how to respond to bullying. “It depends on where it’s going on,” he says. “If you’re not in school, you could tell your parents about it. If it’s at school, you could tell your teacher, the principal or another adult.”

The key to stopping bullying, Kelly says, is being willing to get involved, the way Kelly has been willing to get involved any way the Tigers need him since he joined the team last year.

In late June this season, manager Jim Leyland needed a pitcher for the ninth inning after using all his available relievers.

In came Kelly, who throws right-handed, though he bats left. He only faced one batter and got him out after just five pitches on a fly ball to center field. In the process, he made a little Tigers history, becoming the first position player to pitch in a game since the 2000 season.

**The key to stopping bullying is being willing to get involved.**
Bullying can affect kids any place they go. It can happen in their neighborhoods, on playgrounds, in parks and even in their homes. But bullying that happens in schools worries parents and community leaders most because schools are where the greatest number of kids are together for many months of the year. Because it is so important to prevent bullying in schools, the Detroit Public School district is taking the lead this fall in efforts to reduce conflict and bullying among students.

The district is offering anti-bullying advice for students and parents on its website http://detroitk12.org/resources/bully/

And it is expanding a $2.5 million program started last spring to stop bullying in every public school in Detroit. The program, called the Conflict Resolution Initiative, seeks to give students, parents and teachers tools and skills they need to resolve school-based conflicts, increase tolerance and head off behaviors that can lead to bullying.

It seeks to call attention to bullying with a dramatic play developed and performed on DVD by students in one of Detroit’s arts-based high schools that can be viewed in every school.

It features an anti-bullying logo that has been developed by other students, an education booklet for parents and an anti-bullying video for schools.

It pairs businesses throughout the city with schools to provide support in the effort to stop bullying.

“A safe and civil environment in school is necessary for students to learn and achieve high academic standards.”

An Anti-Bullying Policy

To make schools safer and more respectful, the Michigan state Board of Education has come up with a model Anti-Bullying Policy that local school districts can adopt.

The policy, which was first offered in 2006, has been a model for policies approved by Detroit Public Schools and school districts across the state.

The policy covers students, teachers and principals, as well as support staff.

“A safe and civil environment in school is necessary for students to learn and achieve high academic standards,” the policy asserts.

In an anti-bullying policy approved in 2011, Detroit Public Schools declare that “all students have the right to participate fully in the educational process, free from bullying and harassment. ... Bullying, harassment and cyber-bullying are prohibited. ... Retaliation or threats of retaliation meant to intimidate the victim of bullying ... or those investigating incidents, are also prohibited.”

In Detroit and other communities, anti-bullying policies cover all school or school-sponsored activities.

In Grosse Pointe, the school district’s Anti-Bullying Policy applies “to all activities on school property and to all school-sponsored activities whether on or off school property. ... “Misconduct occurring outside of school may also be disciplined if it interferes with the school environment,” the Grosse Pointe policy states — taking aim at problems involving electronic cyberbullying.

Learn with the Newspaper

Teachers, principals and other leaders of Detroit Public Schools are making a special effort this fall to reduce bullying in schools. Students also are making an effort through the district’s Conflict Resolution Initiative. As a class, talk about ways students can reduce the amount of bullying in a school and promote respect and fair treatment among students. Then search the newspaper for images and words to create an anti-bullying poster with the theme “Every Student Can Make a Difference.” Discuss posters as a class and display them in your classroom or a hallway.
Books That Can Help You Deal with Bullying

You can learn a lot about bullying by reading the advice and experiences of Detroit Tigers players. You also can learn a lot by reading books you can get from branches of the Detroit Public Library or libraries in other communities. There are lots to choose from, from picture books to chapter books. They feature kids like you, kids who are not like you, animals and even monsters! Here are some books with which you can learn more about bullying, and read some great stories, too!

**Grades K-3 (Ages 5-8)**

- Andy Shane and the Very Bossy Delores Starbuckle by Jennifer Richard Jacobson
- Arthur’s April Fool by Marc Brown
- Baseball Ballerina Strikes Out by Kathryn Cristaldi McKeon
- Belling the Tiger by Mary Stolz
- The Berenstain Bears and the Bully by Stan and Jan Berenstain
- Bootsie Barker Ballerina by Barbara Bottner
- The Bubblegum Kid by Stu Smith
- Bully by Judith Casey
- Bully B.E.A.N.S. by Julia Cook
- Bye-Bye, Big Bad Bullybug by Ed Emberley
- Chrysanthemum by Kevin Henkes
- Clara Caterpillar by Pamela Duncan Edwards
- Confessions of a Former Bully by Trudy Ludwig
- Don’t Laugh at Me by Steve Seskin
- Hooway for Wodney Wat by Helen Lester
- Nothing Wrong with a Three-Legged Dog by Graham McNamee
- Oliver Button Is a Sissy by Tomie dePaola
- One by Kathryh Otoshi
- Pinky and Rex and the Bully by James Howe
- The Rat and the Tiger by Keiko Kasza
- The Recess Queen by Alexis O’Neill
- Say Something by Peggy Moss
- Spaghetti in a Hot Dog Bun by Kimberly Shaw-Peterson
- Stand Tall, Molly Lou Melon by Patty Lovell
- Stand Up for Yourself and Your Friends: Dealing with Bullies and Bossiness and Finding a Better Way by Pattie Kelley Criswell and Angela Martini
- Stop Picking on Me by Pat Thomas
- The Tale of Sir Dragon by Jean Pendziwol
- Willy the Wimp by Anthony Browne

**Grades 4-7 (Ages 9-12)**

- Amelia Takes Command by Marisa Moss
- Blubber by Judy Blume
- Bullies Are a Pain in the Brain by Trevor Romain
- Bye-Bye, Bully by J.S. Jackson
- The Chocolate War by Robert Cormier
- Cleques, Phonies and Other Baloney by Trevor Romain
- Cockroach Cooties by Laurence Yep
- Crash by Jerry Spinelli
- Hangman by Julia Jarman
- The Hundred Dresses by E. Estes
- Inventing Elliot by Graham Gardner
- Jake Drake, Bully Buster by Andrew Clements
- Junebug by Alice Mead
- A Letter from the Fringe by Joan Bauer
- Lord of the Flies by William Golding
- Loser by Jerry Spinelli
- Marvin Redpost: Why Pick On Me? by Louis Sachar
- Mean, Mean Maureen Green by Judy Cox
- The Revelers by Doug Wilhelm
- Roxie and the Hooligans by Phyllis Reynolds Naylor
- Secret Friends by Elizabeth Laird
- Shortcut by Nancy Werlin
- Shredderman: Secret Identity by Wendelin Van Draanen
- Stick Up For Yourself by Gershen Kaufman and Lev Raphael
- Talking About Bullying by Jillian Powell
- Toby and the Phantoms of the Fourth Grade by Art Wallace
- Tuesday of the Other June by Norma Fox Mazer
- Whitewash by Ntozake Shange
- Wings by Christopher A. Myers
- The Ugly Duckling by Hans Christian Andersen, adapted by Jerry Pinkney

**Sources:**

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**Learn with the Newspaper**

Books that kids like often are based on things that happened in the real world. Authors often look to the news for inspiration for creative stories. Search the newspaper for a photo or story about a person who interests you. You may be interested in their talents, their looks, their name or something else. Imagine you have been hired to write a book on bullying. Brainstorm an idea for your book that would involve the newsmaker you found interesting. Give your book a creative title that would make people want to read it. Then write the opening scene or chapter for your book and share it with the class.
Take the Tigers Pledge To Stop Bullying

To stop bullying in my school, I will

• Peacefully stand up for kids who are being bullied.
• Tell an adult when I see bullying happen.
• Tell a trusted adult if I am bullied.
• Never fight back but calmly walk away from bullies.
• Never bully others if I am bullied.
• Stop rumors and bullying on the Internet
• Let classmates know bullying is not cool.

Signed,

Michigan K.I.D.S. Says THANK YOU Detroit Tigers Detroit Tigers Foundation For Supporting This Newspapers In Education Program.