

# 19

## Be a Hero, Not a Bully

### 1. Sing-Along and Read-Along with Me

What is a **bully**?

A giant **coward**  
that picks on **victims**  
half their size-  
a **nasty** person  
who gets their power  
from seeing the fear  
in others' eyes.

What is a **hero**?

A bully's worst fear.  
Heroes **stand up for**  
what they **hold dear**.  
They fight for what's right.  
They **defend** the weak-  
those without strength or  
**courage** to speak.



### **Chorus:**

Be a hero, not a bully.

Stand up for what is right.

Though it may not be popular,  
please keep this goal in sight.

Be a hero, not a bully.

Stand up for what is right.

Solve problems with your words and deeds,  
but never with a fight.

Don't be a victim.

If you are bullied,  
stand up for yourself  
and your friends too.

Ignore the bully  
and tell an adult.

Let them know you won't  
take their insults.

If someone's bullied  
and you see it happen  
make sure to stay strong  
and be brave.

Always make sure  
that the bully knows  
he will be stopped wherever he goes.

**(Chorus)**

## 2. Vocabulary

### Vocabulary

### Definition

1. Bully  
A person who uses strength to harm or intimidate others, usually those who are weaker
2. Coward  
A person who does not have the courage to do or endure dangerous or scary things
3. Victims (pl.)  
A person who is harmed, injured, or targeted as a result of a crime, accident, or other event
4. Nasty  
Very unpleasant or behaving in a mean, spiteful way
5. Hero  
A person who is admired or renowned for his or her courage, outstanding achievements, or righteous qualities
6. Stand up for  
To "stand up for" means to side with, defend, or aid someone who needs help
7. Hold dear  
To "hold dear" means to cherish, care for, or be attached to

## Vocabulary

## Definition

8. Defend

To protect from something; to speak or write in favor of; to justify

9. Courage

Strength while facing unpleasant or painful circumstances; the ability to go against something that frightens one

10. Popular

Particularly liked, admired, or enjoyed by a large group of people; a belief that is held by the majority of people

11. Deeds (pl.)

An intentional action that is usually brave or noble

12. Ignore

To intentionally disregard someone or something; refuse to acknowledge

13. Insults (pl.)

A disrespectful or abusive remark or action intended to hurt someone