TORO TAKES THE BULL OUT OF BULLYING

PRESENTED BY NOV

ACTIVITY BOOK

NO place for HATE
An ADL Education Program

DEVELOPED IN PARTNERSHIP WITH ADL

TORO TAKES THE BULL OUT OF BULLYING

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The Houston Texans, TORO and National Oilwell Varco are striving to put an end to bullying around Houston through the TORO Takes the Bull Out of Bullying program. Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. These negative actions can include making threats, spreading rumors, posting negatively about others on the internet and even attacking someone verbally or physically.

Please take the time to watch the TORO Takes the Bull Out of Bullying show with your child at **HoustonTexans.com/Bullying**. This program is developed in partnership with ADL's No Place For Hate® initiative. For more information, visit **ADL.org**.

Los Houston Texans, TORO y National Oilwell Varco luchan por poner un alto al bullying en las escuelas de Houston a través del programa TORO Takes the Bull Out of Bullying. El bullying consiste de comportamientos agresivos de parte de un desequilibrio de poder real o percibido. Estas acciones negativas incluyen haciendo amenazas, esparciendo rumores, publicando algo negativo de otros en redes sociales y atacando a alguien verbalmente o físicamente.

Por favor tome un momento para ver el programa de TORO Takes the Bull Out of Bullying con sus hijos e hijas en **HoustonTexans.com/Bullying**. Este programa es creado en asociación con la iniciativa No Place For Hate® de ADL. Para obtener más información, visite **ADL.org**.

MEET TORO

THE OFFICIAL MASCOT OF THE HOUSTON TEXANS

BIO

Position: Center (of Attention)

Drafted: 2001

Zodiac Sign: Taurus

Height: 7' (On His Tippy-Hooves)

Weight: Big enough to bull you over!

Hoof Size: 12

Favorite Colors: Liberty White, Deep Steel Blue and Battle Red

Favorite Song: Deep in the Heart of Texas

Favorite Vacation Spot: Spain for Running of the Bulls

Favorite Cologne: FurBreeze

10 TIME NFL PRO BOWL MASCOT

SINGLE SEASON RECORD OF 1,346 YARDS TRAVELED BY ROPE

FOLLOW TORO! @TEXANSTORO1

SPOT THE DIFFERENCES

TORO is different from other bulls in many ways, but these differences are what make him special! Try to spot the six unique differences between the two TORO's below. Much like this activity, the next page covers differences among the four types of bullying.

FUR COLOR, EYE COLOR, RED ON GLOVES REMOVED, TEXANS REMOVED FROM JERSEY, #1 REMOVED FROM SLEEVES ON JERSEY, BELT COLOR

4 TYPES OF BULLYING

Bullying is when you pick on someone else over and over on purpose because you think you're cooler, smarter, stronger or better than them.

VERBAL BULLYING

This is when someone uses their words to hurt another person.

Actions include teasing, name-calling, or threatening.

HANDS-ON BULLYING

This is when someone uses their hands to hurt someone else.

Actions include hitting, kicking, pinching, tripping, and pushing.

STAY-OUT BULLYING

This is when someone hurts someone else by leaving them out of the group on purpose.

Actions include telling someone to leave - and not inviting them to play with the group.

CYBER BULLYING

This is when someone uses any form of technology to make fun of someone else or spread rumors about them.

This type of bullying is becoming more common and is very dangerous.

TYPES OF BULLYING

David Johnson shared the different Types of Bullying. Help TORO identify the actions associated with each type of bullying by drawing a line from the types of bullying to its corresponding actions.

1. VERBAL BULLYING

2. HANDS-ON BULLYING

3. STAY-OUT BULLYING

4. CYBER BULLYING

A. TELLING SOMEONE TO LEAVE AND NOT INVITING THEM TO PLAY WITH THE GROUP

B. USING ANY FORM OF TECHNOLOGY TO MAKE FUN OF SOMEONE ELSE OR SPREAD RUMORS ABOUT THEM

C. HITTING, KICKING, PINCHING, TRIPPING AND PUSHING

D. TEASING, NAME-CALLING OR THREATENING

1. VERBAL BULLYING: D 2. HANDS-ON BULLYING: C 3. STAY-OUT BULLYING: A 4. CYBER BULLYING: B

HOW CAN YOU TAKE THE BULL OUT OF BULLYING?

B

STANDS FOR
BE YOURSELF

U

STANDS FOR
USE YOUR VOICE

L

STANDS FOR
LEAVE

L

STANDS FOR
LOOK OUT FOR OTHERS

TORO TAKES THE BULL OUT OF BULLYING DRILLS

Let's practice what we learned from HTC Jaclyn!

1. After school, your friends decide to play a game. The game is to see who can hit one of your classmates by throwing a football at them while they walk home. You ask why they are doing that, and one your friends says, "We do it all the time. They're a wimp." **What would you do?**

A. Tell a trusted adult
B. If you feel safe, tell them to STOP
C. All of the above

2. You are at practice and a teammate who is overweight walks by. A person next to you makes a low "mooing" sound. This isn't the first time kids on your team have made fun of this person. **What would you do?**

A. Tell a trusted adult
B. If you feel safe, tell them to STOP
C. All of the above

3. One night, you receive several text rumors about another student in your class. The next day, when you log onto virtual school you see the student who was the subject of the rumors looking very sad.
What would you do?

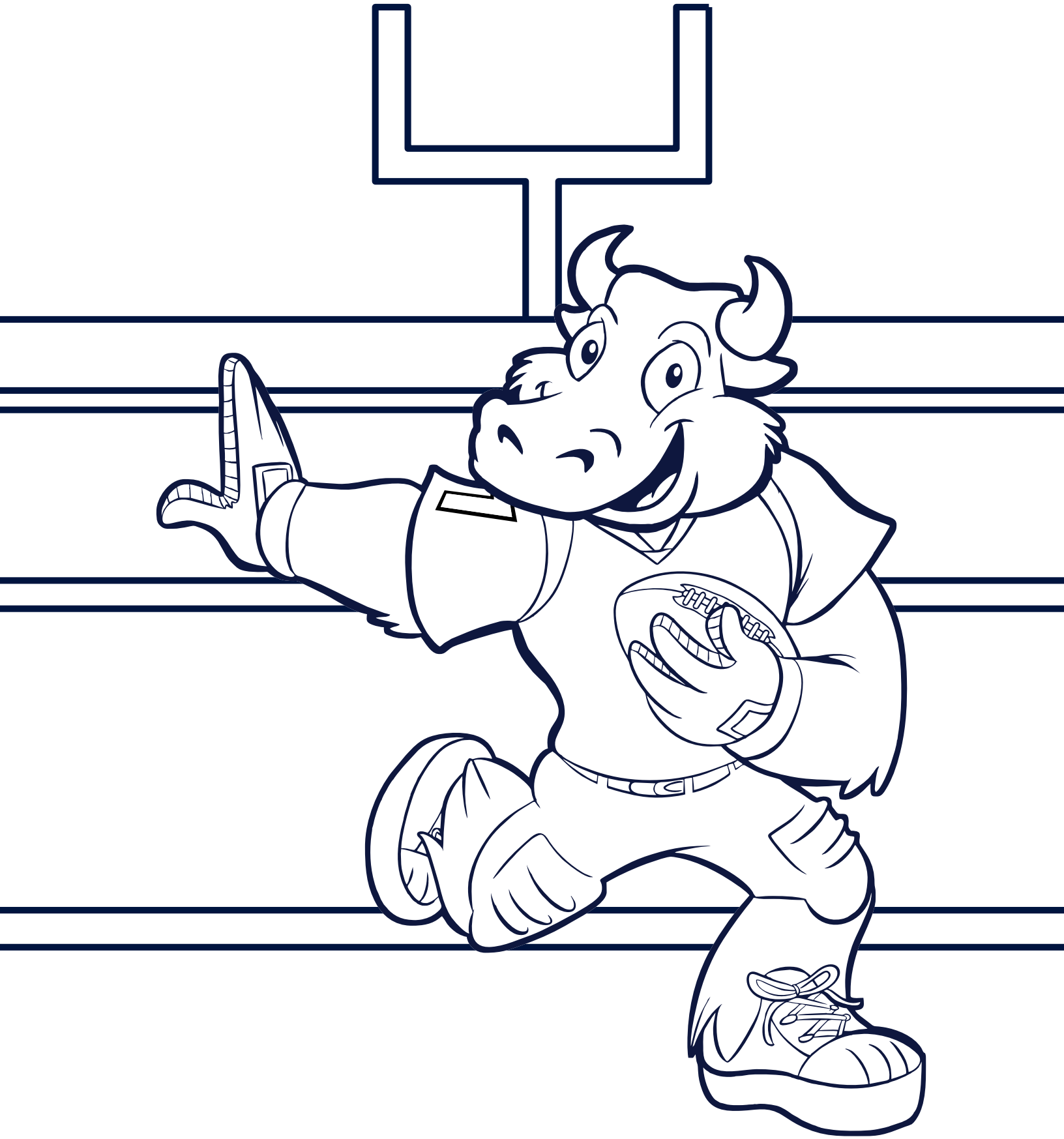
A. Tell a trusted adult
B. If you feel safe, tell them to STOP
C. All of the above

1: C ALL OF THE ABOVE 2: C ALL OF THE ABOVE 3: C ALL OF THE ABOVE

TAKE A PLEDGE TO TAKE THE BULL OUT OF BULLYING!

I PROMISE
TO BE KIND
TO BE CARING
TO BE RESPECTFUL
I WILL NOT BE A BULLY
I WILL
TAKE THE BULL
OUT OF BULLYING

COLOR TORO!



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THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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GET ACTIVE AT THE HOUSTON TEXANS PLAY 60 EVENTS!

- Houston Texans Junior Cheerleaders presented by Texas Children's Hospital
- TORO's Kids 1K presented by Texas Children's Hospital
- Houston Texans Kids Triathlon presented by Texas Children's Hospital
- Houston Texans Youth Football Camp

For more information, please visit HoustonTexans.com

TORO'S KIDS CLUB

PARENTS, SIGN UP TO RECEIVE CONTESTS, PROMOTIONS AND EXCLUSIVE EVENT INVITES FOR ALL THE YOUNG TEXANS IN YOUR LIFE!

MEMBERS RECEIVE:

- Invitations to Exclusive Events like Draft Party and Training Camp
- Pregame Flag-Holding Opportunities
- Houston Texans Team Shop Discount
- Monthly Newsletters
- Contests for Amazing Prizes

EVENTS:

- TORO's Birthday Party
- Halloween Bash
- Holiday Party
- Kids Combine

*Events subject to change

JOIN TODAY! WWW.HOUSTONTEXANS.COM/FANS

TORO

OFFICIAL MASCOT OF THE HOUSTON TEXANS

TORO #1