

“THE EQUALIZER” -- Facing Up to Bullies - by Howard Wand

There comes a time when you are forced to face the blunt realities of life. You come to realize that there are those who help, and those who hurt or hate.

Every day you meet people who reach down with an extended hand to help you up, and others who simply walk on by. Too many of our youth grow up hurt and confused. They are unable to understand the hate or indifference that dwells in the hearts of some. Your day of reckoning and acceptance is the first step to a better and more secure life.

You finally realize that complaining about it solves nothing. Life is what it is and so are people. Facing the stark realities of everyday life, and embracing the good while rejecting the bad, gives you a new confidence, without having to expand your normal abilities. Taking the first step allows you to walk forward with confidence.

Lately you hear extensively about those who face bullies in their daily lives at school or in their neighborhoods. You, too, may have been a victim. It is another harsh reality of life. Bullies exist and always have and hopefully we can help them. They feel so insecure about themselves that bullying and hurting others somehow makes them feel superior. In truth they diminish their value, and are disrespected and excluded by others.

The only way to stop a bully is to put control back into your hands. Violence is rarely the answer and no one is suggesting that violence alone is the solution. Some claim it only begets more violence. They may not have experienced any pain and suffering in their young lives as you have. When bullies understand that you will do whatever is necessary to protect yourself, they normally will seek out easier targets.

Sometimes another course is necessary. My older brother taught me to first avoid them whenever possible, and report them if and when appropriate. When neither option works, it is time to introduce *“The Equalizer”* - in a responsible manner. EQ is something you find and use that puts you on equal footing with the bully. When the bully recognizes the power of EQ their cowardice emerges and they usually back off. It could be a can of mace, a siren, a metal bar, a firm walking stick, or in an emergency a sizeable rock that the bully’s head does not want to meet. The key is to have the courage to use “The Equalizer” If more victims subscribe to the EQ, there will be less and less victims available to bully.

You must stand up for yourself and not expect others to do it for you. You are the driver of your bus (your life) and only you can decide who gets on and who gets off. It is certainly time to order the bully off your bus, or preferably, they are never allowed on.

Isn’t it time you got started?

By Howard Wand - – Author of **“One Rule”**