

Bully Prevention Course



Let's get started with a promise



What does a bully look like?



What happens to bullies?



The effects of bullying



What are the signs?



6 Ways to protect your child from bullying



Protect yourself from mean comments – *Role Play Exercise*



What options do I have?



How to verbally defend your-self, training exercise



How to physically defend yourself, training exercise



What can we do to stop bullying!



Champions for Life; ladder of success, attitude, habits & friends!

Let's Get Started!



- Most people do very little with the information they receive in seminars so today we would like all of you to promise that you will at the very least discuss some of the ideas at home, at least once, that we present here today and that you will do your very best to never bully another person!

What does a Bully Look Like?

A Conversation about the most Common Bullying Techniques

- Making fun of people, name calling, taunting, racial slurs
- Spreading gossip or starting malicious rumors
- Leaving people out of activities
- Continuing to be disrespectful even after someone has said “stop” or “no”
- Hitting, punching, kicking and, other types of physical harm, as well as destruction of property e.g. favorite toy
- Harassing e-mails or instant messages, posting mean pictures and comments on websites or blogs

What Happens to Bullies?

- Have fewer friends
- Get in trouble more at school
- Get lower grades
- Greater chance of dropping out of school
- More likely to steal, smoke, try alcohol or drugs
- You can be arrested for physically hurting someone
- Your family can be sued for damage to someone else's property
- Statistics show that 60% of those characterized as bullies in grades 6-9 had at least one criminal conviction by age 24

The Effects of Bullying



- Create problems at school
- Fearful of attending school, riding the bus, using the bathroom or being alone in the hallway
- This fear makes it very difficult to focus and engage in the classroom, making learning very difficult
- Can cause feelings of embarrassment and or being ashamed
- Can cause lower grades, anger, fear, depression, loneliness, low self-esteem, physical ailments, and even suicidal thoughts

What are the Signs?

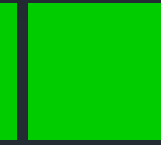
- Loss of interest in school and extracurricular activities
- Frequent complaints of illness to avoid attending school
- Sudden decrease in academic performance
- Has few or no friends with whom he/she spends time with
- Unexplained bruises, scratches, and cuts
- Seems afraid of going to school, riding the bus, walking to school, or taking part in organized activities with peers
- Takes long or illogical route to school
- Seems sad, moody, or depressed
- Loss of appetite
- Trouble sleeping
- Anxiety or low self-esteem

6 Ways to Protect Your Child from Bullying

1. If you suspect your child is a target, don't wait for it to come up. Kids often feel ashamed of being bullied. Take regular walks together and casually chat about what's happening at school. It can make opening up easier.
2. Teach your child to stick with friends. Bullies usually go after singles, not groups.
3. If your child is being taunted, suggest walking away as if it didn't matter, bullies crave over the top reactions.
4. Enroll your child up for a martial arts class, as much for the confidence as the self-defense. Bullies are less drawn to people who project strength.
5. If online cyber bullying is the problem, help your child set up a new face book account and email address. Twice if necessary.
6. Even if you and your child want to try and handle things yourselves first, tell the school. School wide anti-bullying campaigns are the best way to stop it.

The YOU Docs, Mehmet Oz, host of "The Dr. Oz Show" and Mike Roizen of Cleveland Clinic, are authors of "YOU: Losing Weight." For more information go to www.RealAge.com. (c) 2011 Michael Roizen, M.D. and Mehmet Oz, M.D. Distributed by King Features Syndicate, Inc. © Copyright (c) The Province

How Can You Protect Yourself From Mean Comments?



- There will always be people who try to make fun of others or put them down
- Bullies say it makes them feel strong to hurt someone's feelings
- Mostly they are looking for attention
- If you let their words hurt, you can feel lonely, unhappy, and afraid.
- If have to realize that anything someone says about you doesn't hurt you unless you let it.
- Your goal is to never let people put you down by what they say.
- If you start to feel bad, talk to a teacher, a friend and of course your parents right away

Role Play Exercise

- Partner up and practice not letting someone's comments hurt us. e.g. "I don't like what you are wearing" or "No, you can't play with us"
- Use nothing that includes insults, name calling or profanity

What Options do I Have and What are the Consequences?

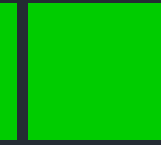


What is the best thing to do if someone tries to physically hurt you?

Should you;

1. Tell them you don't want to fight
2. Hit them
3. Tell a teacher
4. Tell authorities
5. Defend your-self
6. Run to safety

How to Verbally Defend Yourself Then Tell a Teacher/Authority



Training Exercise

- Set physical boundary; space, arms & hands
- Set verbal boundary; “STOP” or “NO”
- Continue verbal boundary if necessary; “back OFF!” & “back off NOW!” (*see video*)
- Important to exercise your yelling muscles in case of emergency e.g. yelling for help

How to Physically Defend Yourself Then Tell a Teacher/Authority

Training Exercise

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- Set verbal boundary; “STOP” or “NO”
- Continue verbal boundary if necessary; “back OFF!” & “back off NOW!”
- Portal of safety drill with; palm strike, front kick & knee strike (*see video*)

What Can We Do To Stop Bullying!



- Speak up!
- If you have a friend who is making fun of someone else, tell him/her it is not cool and to stop
- Tell a teacher if you see someone bullying another person
- Be nice to everyone, and don't leave other people out of your group or activity
- If someone constantly makes fun of you, tell a teacher

Champions for Life

Champion's Ladder of SUCCESS!

- Each day you get chances to make decisions
- Good decisions help you get closer to your goals and bad decisions take you farther from your goals
- Many , you have to decide which is the right choice and which is the wrong choice
- Do you know how to make the right choice every time?
- Try to make the choice that will take you closer to your goals
- Don't choose something that is wrong because it is fun
- If you're not completely sure ask a family member, teacher or friend to help you
- Pretend all of your goals and dreams are at the top of the "Ladder of Success"
Every time you make the right choice you climb up a step towards your goals and dreams and each time you make a wrong choice you drop down a step
- With each choice each day you can go either way!

Make the BEST decision every time and climb up the Ladder of SUCCESS!

Champions for Life

A Champion's ATTITUDE!

- Your attitude is how hard you try
- Studies have shown that people who are great in life didn't always have the best grades
- They were the kids who out-tried everyone else
- In most cases the harder you try , the better grades you get, the better job you get and the better life you have
- Your attitude can really determine how successful you will be
- How do you have a good attitude?
- Try your best when you are in class, when doing school work, when your with your family

Always try your best – Always have fun – Always get better!

Champions for Life

Be a Champion HABITS!

- Exercise at least 3 times a week, you get stronger muscles, stronger bones, a better looking body, better grades, a better attitude – and you are less likely to get sick
- Fuel your body with good food by eating healthy as much as you can and you will become strong
- Add martial arts/self defense classes and you will learn how to protect yourself
- With your strong body and new confidence you can eliminate fear from your life and be ready to achieve anything you want...Now that's COOL!

Eat Healthy – Exercise Regularly – Learn Self-Defense!

Champions for Life

Team of Champion FRIENDS!

- Pick Good friends
- Studies show that you usually are just like the 5 people you hang out with the most
- So hang out with really great people
- Choose your friends wisely
- Stay away from trouble makers or others that do bad things
- Team up with your friends and become leaders
- Only do things that will help all of you accomplish great things in your life
- Hang out with your Team of Champion Friends, then work together to get smarter, healthier and have fun.

Who is in your Top Five Champion Friends!