

# 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!