

BULLY PREVENTION FOR PROS

BULLY BUSTING

PARENTS NIGHT OUT BLUEPRINT

INITIAL PREPARATION (4 WEEKS BEFORE EVENT)

[Watch Video 1 with this guide](#)

1. Announce and promote event.

- A. Distribute teacher invitations at your martial arts school. (DOC. 1)
- B. Distribute permission slips at your martial arts school. (DOC. 2)
- C. Begin Registration by accepting payment at your martial arts school.
- D. Social Media posts.

2. Build excitement by talking about Bully Prevention in every class leading up to the event.

- A. Use Mat Chat Discussion (DOC. 3). This document is great for creating conversation about bullying. Ask one of the questions and encourage discussion.
- B. Use Keys to Bully Busting (DOC. 4). This document describes keys in combating bullying. Talk about one of these keys and role play. You will use this document during Bully Busting Night.
- C. Ask your students who thinks their teacher can break a board!?

3. Getting Teachers to show up!

- A. Ask your teachers who currently take lessons.
- B. Ask your parents who are teachers.
- C. Personally invite local school teachers.
- D. Personally invite local principals.
- E. Have your students and parents ask!
- F. You will begin to get emailed responses back, communicate with them professionally to get them to the event.
- G. Teachers are afraid. This is the biggest reason they decline the invitation. Some of them will be unsure in email. Reassure them you will show them how to break a board easily and safely!
- H. Announce the teachers who will be attending.
- I. Find teachers to speak at the event.
- J. Get one crime prevention officer or a community figure.
- K. After the event, be sure to thank these people again!

FINAL PREPARATION! (2 WEEKS BEFORE THE EVENT)

Watch Video 2 with this guide

1. Bully Busting Tee's for teachers
2. Goody bags for teachers include gift certificate, stickers, bookmarks, brochure, cookies, gift cards etc. Look for sponsors in advance!
3. Movie **"Bullies Are a Pain in the Brain."**
4. Staffing 1:12 children. Staff responsible for pictures and videos.
5. Seating for teachers.
6. Prepare boards.
7. Prepare Gift Certificates for guests with a special offer.
8. Prepare Keys to Bully Busting (DOC. 4) for everyone.
9. Pizza, juice and all supplies.
10. Press release!



BULLY BUSTING NIGHT
Watch Video 3 with this guide

Schedule of Events

4:30-5:00pm Check in / drop off.

- Front desk staff checking people in. Make sure guest permission slip is completely filled out so you can follow up with prospect.
- Front desk staff should also remind parents to come back by 7:45pm to watch teachers break their boards!
- Classroom staff is setting up safe games for the children as they check in.

5:05-5:15pm Rules for the night. Respect!

5:15-5:45pm Bully prevention role play. Use Keys to Bully Busting (DOC. 4). Role play all seven scenarios in small groups.

5:45-6:15pm Group 1 Pizza / Group 2 martial arts class

6:15-6:45pm Group 2 Pizza / Group 1 martial arts class (keep same staff for these activities)

6:45-7:15pm Bully Busting poster contest. Award headbands to winners!

7:15-7:45pm Begin movie and prepare for teachers to arrive.

7:15-7:30pm Teacher arrival! Change into tees and prepare to practice.

7:30-7:45pm Teachers practice breaks. Palm hits only. 10" wide x .5" boards

7:45-8:15pm Parents returning, teachers ready to break. Grand finale!!!

8:15-8:30pm Hand out goody bags to teachers.

Distribute gift certificate and Keys to Bully Busting (DOC. 4) to guests.

Distribute Keys to Bully Busting (DOC. 4) to students.

After the event:

- A. Post pictures and videos to your social medial by the following day.
- B. Send "thank you" email to teachers, special guests, and sponsors.
- C. Make notes for next year.