

KEYS TO BULLY BUSTING

LOOK THE PART. Our members are taught to show confidence. Speaking with eye contact, using good body language and walking with head and shoulders up. Bullies will look for an easy target. An easy target is someone that the bully feels they can control. They are looking for someone lacking confidence. Even when bullying occurs do not show weakness. Never cry. This type of reaction is what the bully feeds on and will encourage continued bullying.

AVOID THE BULLY. Our members are taught to avoid the bully. For example, if you have to pass the bully to get to a classroom or if the bully is always near the jungle gym during recess. Take a different route if possible to avoid the bully and stay away from areas where the bully hangs out.

STAY WITH FRIENDS. Our members are taught to stay with friends. Fact is that bullies are less likely to confront a group of people. Your child was taught to seek close friends and tell them the issue. First, identify a friend that may be nearby when the bullying occurs. Then saying something like, "Johnny (the bully) has been giving me a hard time, can you do me a favor and stay close to me when he is around?" This way your friends understand the issue and may be helpful if bullying occurs.

TELL A TEACHER YOU TRUST. Our members are taught to tell a teacher you trust. Children are generally not comfortable talking to adults about bullying. There are many helpful adults at school! First, make a list of teachers you child could approach to speak to about bullying. A caring educator will find ways to help alleviate the situation. Communication to their entire school's staff was instructed, i.e. at lunch, on the bus and during recess. These days with the number of professionals at each school, if bullying is addressed, we hope there will be positive results, but it must be addressed first!

USE HUMOR. Our members are taught to use humor. This takes practice! For example, if the bully said, "I'm going to beat you up!" You can respond, "Johnny, I'll save you the trouble and beat myself up." Look disinterested and firmly walk away.

PROTECT YOURSELF. Our members are taught to protect themselves. Our objective is to stay safe. Your child was taught to be aware of their immediate space. Hopefully it never comes to a point that a bully becomes physically aggressive. If a bully gets into your child's immediate space, they were instructed to step away, extend both hands towards the bully without touching and yell "Back Off!" Confidently walk away and seek help if necessary. Many bullies are not used to being stood up to and this may resolve the situation. Physically fighting the bully is always the last resort and is never encouraged. Please speak to your child about this, so they can feel confident in making the right decisions.

We feel with a good understanding of Bully Busting and Taekwondo you child can beat bullying!

BULLY BUSTING NIGHT, A MESSAGE TO PARENTS.

Thank you for attending Bully Busting Night.

Social media is filled with stories about violent incidents occurring in schools across the country. You've probably read about students bringing weapons to school, fights that get out of control and sexual harassment. At the root of this violence is a widespread but often overlooked problem: bullying.

Most of us can recall a time when we've been bullied. Today, bullying is more serious. Children have taken desperate measures, such as using a gun in self defense or committing suicide. Many children are afraid to go to school. While at school, they avoid areas perceived as dangerous, such as rest rooms and secluded hallways.

Many school officials are now becoming more aware of how serious and widespread bullying is. In many schools, antiviolence and conflict resolution programs are helping bullies and their victims find ways to get along. It's important to implement system wide efforts and strategies to continue to curb bullying. For example, victims need to feel confident that if they report a bullying problem to school officials, something will be done about it. Bullies need to understand that their behavior won't be tolerated.

If you're a parent, you may not be aware that your child is being bullied. Many children are afraid to let an adult know what's happening. They feel embarrassed and think they need to handle it on their own. Have you noticed any of the following signs in your child?

- skips school or is often too sick to go to school
- has unexplained bruises
- has experienced a slip in grades
- is reluctant to talk about school
- is missing belongings
- comes home in dirty clothes from fights

If you see any of these signs, your child might be having trouble with a bully. Here's what you can do if your child is being bullied.

- 1) Talk with your child, letting them know that you understand and care.
- 2) Get in touch with your child's teacher or school officials. Keep written accounts of the bullying incidents and when you've talked with the school's staff about the problem.
- 3) Teach your child the skills needed to resolve a bully situation. Your child needs to be verbally assertive and have the confidence to seek the help of an adult. Your child was taught that it takes more courage to seek help than not.

If you suspect that your child is the one doing the bullying, try some of these options.

- 1) Talk to your child about the reasons behind the bullying. Reassure your child that you love him or her.
- 2) Consider family counseling to determine the cause of the problem. Your child may need help learning to manage anger and to resolve conflicts peacefully.
- 3) Help your child understand the difference between aggressive and assertive behaviors.
- 4) Let your child's teacher know that your child is trying to stop bullying. The teacher may be helpful in setting goals and correcting bad behavior.