

How To Break Free From Bullying



Bullying is a **serious** social **issue** for **children** and **parents**.

Martial arts training can **stop** the **bullying** before it starts.

- Almost 30% of youth in the United States, or more than 5.7 million children, are estimated to be a bully, a target of bullying or both.
- Studies show that bullies are generally physically aggressive, hot-tempered, easily angered and impulsive, with a low tolerance for frustration.¹
- Children and youth who are bullied are typically anxious, insecure and cautious and suffer from low self-esteem, rarely defending themselves.¹ Bullied students often have problems concentrating in school.²
- There appears to be a strong relationship between childhood bullying and adult legal and criminal problems.
- Adults who were bullied as youth have higher levels of depression and poorer self-esteem than other adults.²
- Self-defense training prepares children for confrontation, as it teaches them how to avoid confrontation.
- Martial arts replaces a bullied child's insecurity and low self-esteem with confidence and a greater self worth.
- Martial arts channels a bully's aggressiveness and anger into healthful physical activity, discipline and a positive attitude.
- Martial arts helps to create the child who will become the educated, well-employed and socially conscious adult.
- Martial arts gives your child the skills and attitude to break free from bullying. Talk with your school administrators about starting a "break free from bullying" program.



1. Issues from Intervention and Self-Defence: The National Youth Violence Prevention Resource Center at www.selfdefense.org.

2. Crivello, D. (2002). *Bullying at School: What We Know and What We Can Do*. Cambridge, MA: Harvard Publishers, Inc., pp.29-32.

3. Nagly, S. (2001). *How to stop bullies at school and at home*. In *Encyclopedia of Children's Health*, pp. 100-101. New York: Elsevier.

Summertime **SAFETY** Tips for Kids



Know Your Numbers

Memorize your full address, phone number and your parent's work and cell phone numbers. Know when and how to dial 911.

Get Permission

Before you go anywhere, get your parent's permission first and then let them know which route you are taking.

Go with Friends

When you go places this summer, travel with friends when possible. You'll have a good time, and can look out for each other.

Never Talk to Strangers

Never talk to strangers. Don't accept rides or gifts from them. If a stranger asks you a question, don't talk to them. Run away.

Stay on Guard

Stand with confidence and be aware of your surroundings. If you see anyone doing something that makes you uneasy, tell your parents or a trusted adult.

Stay Safe on the Internet

People on the web may not be who they say they are. Never give out your name, address or any other personal information.

Don't Tell Anyone You're Home Alone

When you're by yourself, keep the doors locked. If someone calls on the phone, or comes to the door, don't let them know that you're home alone.

