

Bully Proof!!

Assertiveness Training for Kids



**By Frank Zinck &
Johanne Connolly**

Bully Proof

Ask any eight year old if bullying stops when they grow up and most will believe that it does. The fact is, as most adults will agree, bullying still exists in the adult world only in a slightly different form. You get bullied and railroaded at work but hopefully no one threatens to beat you up in the parking lot when you get off work. Imagine if someone did threaten you at work, would it not become a serious matter? If the same thing happens to your child at school should it be any less important or dismissed as a normal childhood event? Remember, if your child is a target now he or she will likely be a target of other forms of bullying later in life, so give them the skills they need now and empower them with the Bully Proof method.

According to the National Association of School Psychologists, about one in seven school children either had been a bully or a target. And the costs of this situation are enormous. Children who experience persistent bullying may become depressed or fearful and in some extreme cases see suicide as a way to escape their bully's wrath.



What is Bullying

So, what is bullying? Bullying is defined as any kind of ***on going physical or verbal mistreatment where there is an imbalance of power***. Usually a bigger, older child picking on a smaller or weaker one. Bullying is a game of "I'm better than you!!" Its about contempt. Also, an attempt to win while the other loses. Another characteristic of bullying is that the target appears to be very upset by the incident, while the bully is not, saying things like "What's the big deal?" or "The kid asked for it." The bully's main job is to separate you from your friends so you have no allies. There in itself is an answer, the friends you have the less likely you are to be bullied.

Bullying Stats and Notables

- Bullying is one of the most underrated and enduring problems in schools today.
- Schools are a prime location for bullying.
- Bullying peaks at the 11 to 12 year old age groups.
- The saying “sticks and stones may break my bones but names will never hurt me”, is a lie.
- Children who are repeatedly victimized sometimes see suicide as their only escape.
- A 35 year study concluded that by age 24, nearly 70% of bullies (identified when they were 8 years old) will have a criminal conviction.
- Bullies lose their popularity as they get older and are eventually disliked by the majority of students and often seek out others bullies for allies sometimes forming a gang.
- Primary age children who were labeled by their peers as bullies required more support as adults from government agencies, had more court convictions, more alcoholism, more antisocial personality disorders and used more mental health services.
- Many adults do not know how to intervene in bullying situations, therefore bullying is often overlooked.
- Bullies are insecure, cowardly and prey on kids who will be easy targets, who won't tell and who will not give them any trouble.

You're not alone

- Bullying occurs once every seven minutes.
- Over seven million kids right now are affected by bullying.
- On average, bullying episodes are brief, approximately 37 seconds long.
- The emotional scars from bullying can last a lifetime.
- The majority of bullying occurs in or close to school buildings.
- Most targets of bullies are unlikely to report bullying for fear of making things worse.
- Only 25% of students report that teachers intervene in bullying situations, while 71% of teachers believe they always intervene which indicates to me that there is more going on then adults realize.



Bullying can be stopped

- Bully Proof kids will talk about bullying incidences with parents, teachers and friends.
- Bully Proof kids will stand up and be heard.
- Bully Proof kids keep a journal and know how to ask for help.

Courage is being scared but doing the right thing anyway!

Stopping the Bullying

Schools across the province have adopted the “zero tolerance” approach to bullying. This approach looks to blame and punish the aggressors. If that’s the goal, fine. But if the goal is to stop bullying then we need to recognize that the behaviour is an anti-social one and not part of a normal childhood. There is no easy short term solution. Trying to catch drunken drivers did little to curb that behaviour thirty years ago. Making it socially unacceptable, bringing the behaviour out in the open for social discussion has totally changed the thinking of the masses. Drinking and driving still occurs but I think all will agree that the levels have decreased considerably and that society as a whole no longer accepts or condones this form of behaviour. In conclusion, zero tolerance is not the solution. The solution lies in educating all kids, not just punishing a few. Educating kids as early as possible that the behaviour is unacceptable and that there is no shame in asking for help or reporting the behaviour if its committed against them.

Relying on others for Child Security



Relying on others for security is a dangerous game. For the first time in human history we live in a time when we rely on others for our security or to keep our loved ones safe. We expect security guards in our malls and schools to keep our kids safe, or think that surveillance cameras at schools somehow makes kids safer. They do not.

In all my years of martial arts training with hundreds of kids, I could count on one hand the number of times a parent interviewed me prior to placing their child in my care. Most parents who drop their kids off for swimming lessons never enquire about the background checks on the instructor or ask what steps the centre uses to protect kids from pedophiles or even other kids.

If I asked you to leave your car and keys with me to protect while you were shopping you would instantly say, "are you crazy, I don't even know you!" However, we do it with our kids, no questions asked. Why? Because for some strange reason we expect our kids have a level of awareness and that others are responsible or they would not be in a position to care for kids.... simply ridiculous and down right dangerous.

Have you asked your kid's school tough questions regarding their safety or do you assume they have a policy for every situation. Are your kids allowed to contact you anytime in any situation while at school? Have you read the school safety policy... do they even have one? How do they deal with bullying, sexual assault or violence.

***When a bully demands you not tell anyone....
Do the opposite and tell everyone!!***

Teaching Child Security

Who is responsible for the well being and protection of your child? Other adults, the child himself, you, a babysitter?

We tell parents that you should never tell children to "*beware of strangers*". A controversial statement to say the least. When we ask 6 year olds what a stranger looks like they say, "he has a tattoo.... wears a leather jacket...." They miss the fact that dangerous people look and act like you and me.

Secondly, such a statement puts the onus on the child to protect themselves, when that is the job of care givers. Most would not leave a briefcase unattended for more than a second or leave it more than a few feet away, yet parents often walk away from little ones expecting them to follow or citing that they know not to walk away with strangers.

Telling a child to beware of strangers when every five seconds parents talk to lots of strangers (do as I say not as I do), the grocery clerk, a passer by on the street. Parents will often say, "Jane, say hi to the nice lady (who technically is a stranger)." It's a ridiculous and dangerous safety strategy really .

Lastly, do you want to instill fear of people or safety and the skills to predict violence.

Any strategy that relies on a young child to protect herself is like leaving an eight year old to watch over a six old. You just wouldn't do it. As parents we must take on the responsibility and make schools and staff accountable and while acknowledging or own responsibilities.

What to do



I actually suggest that parents do the opposite of "don't talk to strangers"... teach kids how to talk to strangers. Have your child interact with the people you interact with. Ask them how they felt about that person. Teach them about **intuition** and to listen to and embrace their inner voice that says, "I don't like that person", or "that person scares me" and that it's a survival signal to get away from that person.

- Teach them it's okay to defy and even challenge adults (including people they know, as this group really poses the biggest threat).
- Teach them that there are even instances when it is acceptable to hurt and injure others.
- Teach them that no matter what the situation you want to hear about events that scared them or made them feel uncomfortable. That you are strong enough to hear anything bad.
- Teach them that when they are alone and need help to seek out a woman (as statistically men pose the biggest threat to a child's safety).
- Teach them about assertiveness and how to use the word "No!" with confidence.
- Teach them to scream, "your not my daddy!!" if ever an adult tries to force them to go somewhere.
- Teach them to do the opposite when someone say's, "Don't tell"...Tell..... "Don't yell".... yell!!

The Bully Proof Formula

A Bully Proof kid knows how to handle a bully by being calm and relaxed during the bullying event and reporting the behaviour to family and teachers immediately after. A Bully Proof kid practices the techniques below on a daily basis and lives as a peaceful warrior.

Ten steps to become bully free.

1. **Ignore the bully and do nothing.** Don't look to the floor, just ignore. Be sure to glance and look him in the eyes to let him know you have awareness of his presence and do not say anything. Pretend he doesn't exist and walk away.
2. **Avoid awkward reactions.** Refrain from saying things like, "oh no, not you again!" Looking nervous will tell the bully that he's winning and that you are scared. He's looking for a reaction. It's okay to be scared and angry, it's not okay to show it.
3. **Remain calm and still.** If stopped by the bully; control your breathing, relax your shoulders and be aware of how tense you are. Stop any unnecessary movements like fidgeting with your hands and feet when the bully walks by. Have a calm and strong controlled voice, do not smile. Your face should be serious with your head up and an upright posture. Most of all remain still, calm and try to breath normally.
4. **Assume the policeman's stance.** Have your feet slightly apart with one foot slightly forward. Place 70% of your weight on the front foot. Your hands should be relaxed and hanging in front loosely crossed at the wrist. Do not fold your arms across your chest, this can give the appearance of aggression..
5. **Give the evil eye.** Assume the policeman's stance, dip your head slightly, maintain a serious face, no smiling, keep eye contact with the bully and having the attitude of, "I'm not impressed with what you're doing and I'm not going to take it!"
6. **Use the invisible force to add weight to your words.** It's that very subtle forward weight shift, just at the point you want to enforce, "Stop picking on me!!!" Shifting your weight forward in the direction of the bully on "stop". Don't allow your chin to go beyond your toes. Extend your invisible force by extending your arms in a lowered position with energy in your hands. Your hands should never get any higher than the bullies mid-section.
7. **State your wishes firmly, don't repeat yourself.** Put the bully on notice that his actions will not be tolerated, "Back off" or "Stop picking on me!!!" is all you need to say and do not say it more than twice. Repetition of any kind will be seen as a sign of weakness and make you look like an easy target. Do not shout aggressively, state it authoritatively.
8. **Use trickery and humour.** The bully constantly thinks he knows what will happen next. For him a good part of the fun is picking on someone and getting the reaction expected, a nervous awkward reaction. Throw him off his game by giving him something completely different. Use trickery, telling the bully you're meeting a teacher, or that you're sick. When the bully insults you agree with him with an "I don't care, it doesn't bother me" attitude. Use humour as your cue to exit. You might say, "I'm telling everyone... my parents, the teachers, the principal, all my friends, my cat with orange handle bars, eating ice cream under my boat....." Walk away. Slowly, non caring. If insults are flying all around you, stay calm and keep on your Bully Proof vest. The bully wants a reaction. Don't give him one. Keep walking away and above all **tell everyone!**
9. **Tell everyone.** Bullies are dumb. Bullies say, "tell anyone that I'm beating you up and I'll beat you up!" Bully Proof kids know, that doesn't make sense because by not telling, the bullies will continue to tease and eventually beat you up anyway. Reporting gives you power. Tell everyone! Take things one-step further and keep a diary of exact places, dates and times of the abuse. A book with a list of incidences will always carry more weight with an authority figure than a verbal complaint.
10. **Use words that start with "I".** That way people cannot argue with you. Who can argue with someone who says, "I am tired, I'm going home" or "I don't like the way you're talking to me." That way no one is put in a defensive position by your statement. Bully Proof kids try to avoid using language that offends others.

Most importantly, Bully Proof kids report bullying behaviour. They know this is a huge strength. Keeping it inside is a weakness. Bully Proof kids also know that reporting is not "ratting out the bully". "Ratting" is a code of conduct for thieves and criminals and the targets of a bully are never at fault or to blame.



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Vital Bully Proof Points



Bullying Indicators

1. There is always an imbalance of power.
2. There is always an intent to harm the target.
3. There is always a further threat of aggression.
4. Left unchecked the bullying will always escalate leaving the target more helpless with each incident.

**Bullying is not about anger, or even about conflict.
It's about contempt for the target.
A very powerful hateful feeling that the target is inferior and
worthless and does not deserve any respect.**

The Bullied

Kids who are bullied have one thing in common, that for some reason they were targeted by a bully or group of bullies as an easy person to pick on with out any repercussions or fear that they might get into trouble.

The Warning Signs That a Child is Being Bullied

1. Shows a sudden lack of interest in school, or friends or refuses to go to school all together.
2. Changes his route to school or play areas.
3. Sudden drop in grades.
4. Withdraws from family and school activities, a change personality.
5. Is hungry after school.
6. Steals money from home.
7. Is panicked to use the bathroom as soon he/she gets home.
8. Is sad, sullen, angry, or scared after receiving a phone call or email.
9. Has torn clothing.
10. Has damaged toys or school supplies.
11. Talks poorly about his peers or stops talking about peers and everyday activities.
12. Has physical injuries not consistent with explanation.
13. Has stomachaches, headaches, panic attacks, is unable to sleep, sleeps too much, is exhausted.
14. Looses interest in playing with friends.

Why Kids Don't Tell

1. They are ashamed of being bullied.
2. They are afraid they will disappoint their parents.
3. They are afraid of making the situation worse.
4. They don't think anyone can or will help them.
5. They've bought into the lie that bullying is a necessary part of growing up.
6. They've bought into the lie that dealing with it on their own will make them stronger.
7. They've bought into the lie that reporting bullying behaviour is "ratting out" the bully and a sign of cowardice.

The Bystander

There is no such thing as an innocent bystander. Bystanders encourage the bully simply by their presence. They stand idly by and do nothing or actively encourage the bully or sometimes join in. A Bully Proof kid is never a bystander.

A Shift in Power

There is a new shift in power in this country. One where the majority stands up and speaks out against the minority and challenges bullying behaviour. Kids are no longer inactive members of this social drama, they have begun to unite in large numbers, reporting bullying behaviour to adults who often are unaware of such events. Kids are improving the lives of other kids by standing up and speaking out for others.

Bullying Always Gets Worse!

BULLY PROOF



Besides regular beatings, the bully humiliates you by forcing you to steal or eat disgusting things. You can't think straight and may make dangerous decisions.

You feel totally powerless & make poor decisions.

Hitting, punching and consistent beatings.

Your friends start bullying you. You feel angry, scared, helpless and alone. You complain about being sick all the time now.

More physical Violence. Pushing and shoving.

Your personality starts to change at home and with friends. They notice a difference. A significant drop in school grades.

Lunch money stolen or personal effects destroyed. You feel angry, scared and helpless. You hate going to school.

After testing you the bully engages in some touching and pushing. You now feel angry, scared and start to withdraw from activities, find new routes home and make excuses for staying home.

Teasing occurs nearly every day now. The bully is testing the waters for an easy target. You feel angry.

Stop the bullying here!

Bullying starts out as teasing.

The bully surveys the area looking for easy targets to test, to see who will give him a reaction and look afraid.

Two Month Period

How to Report Bullying Behaviour

First try reporting the Bullying verbally using "I" sentences Like, "I felt scared when Bobby..."
If after verbally reporting the incident three times to teachers and nothing happens send a strong letter asking for help.

State what is happening to you.

State how it makes you feel.

State what you want to happen. Be polite. Give a compliment.

Set a deadline for a response.

Let everyone know who will be getting this letter

Keep a diary and record the bullying behaviour.

Your list may contain other people and events so that you can determine a pattern. In your letter only include the events and people you want to deal with.

Don't cry wolf!
Don't use this letter to get back at your buddies for a fight or argument. Don't abuse this reporting technique. Ensure that the behaviour matches the definitions of bullying and that you feel scared. When you present the letter follow through to the point of a resolution.

March 26, 2005

Dear Mrs. Krybopal,

Please help me deal with the bullying below. As you can see I am being bullied and harassed nearly everyday by Bobby Bully.

When he teases me the other kids laugh at me and it makes me feel very angry and upset and I wanted to lash out at the other kids. Now he is starting to push me and I feel very scared and alone. My friends don't want to hang around with me because they are afraid Bobby will start to pick on them too. As you can see the bullying is getting more violent and my Bully Proof training has taught me that things will only get worse if I don't report it.

My training taught me to report bullying behavior and to let everyone know what is happening to me. I want this bullying addressed and stopped immediately. I have the right to have a safe school environment. I know you are a dedicated teacher and I can trust you to help me in this situation.

I would like a reply to this letter by Oct 9 and a meeting with yourself, Principal Skinner, my parents and me by Oct. 16 or earlier if possible to discuss this situation.

Thank you.

Sincerely

Frank Zinck

cc: Mrs. Connolly (History Class)
Mr. Flanders (Math Class)
Mr. Wiggim (Science Class)
Principal Skinner
My Mom and Dad
Guidance Councilor

Date	Time	Where	The Bully	What Happened	Witness
09/12	3:15	The bus stop	Bobby Bully	While on the bus, he told me I was dead when I got off the bus. He thought I was looking at his girl friend wrong.	Steve
09/13	10:45	School bathroom	Bobby Bully	He told me if he ever sees me in "his" bathroom again I was a dead man! I am afraid of going to the bathroom.	John and Mary
09/13	12:15	cafeteria	Bobby Bully	Bobby told me to give him money. I gave him my lunch money without a fight. He told me to have money for him next week. I was really hungry all day.	Steve
09/14	10:45	Play ground	Bobby bully	During recess, Bobby waited for the playground monitor to be distracted. Then he and his friends teased me about my clothes and he threatened to beat me up because I was going to tell about previous bullying.	Steve, John and Mary
09/15	11:50	History Class	Bobby Bully	He was kicking my chair and throwing spit balls at me. He threatened to pound me at recess.	Jackie
09/15	4:20	Near my home	Bobby Bully	He and his buddies were teasing me and then started to throw rocks at me. They said if I told anyone they would beat me up.	John and Steve
09/16	1:50	The hallway	Bobby Bully	Bobby violently pushed me into one of his buddies (Jason) who then threw me to the ground. They laughed at me before leaving and kicked my books down the hall.	John, Steve, Mary
09/17	12:30	The Playground	Bobby Bully	Bobby pushed me off the swing and then kicked me. One of his buddies, Mike stepped on my sandwich.	Steve

The Reactionary Bully -- Anger is Blindness!



Quite often people feel violence can solve some basic problems. This sort of thinking is very dangerous. Someone teases you and calls you names, maybe he's been bullying you for a month making you madder and madder. You can feel your blood boil with every episode, the anger inside you rises and then without warning you explode and throw a punch in hopes of ending your torment, you pound your bully into submission. Now as quick as a blink you've become a reactionary bully. You thought fighting back would end it. But you didn't end it, now you're the victim again. Because you chose to use your fists and not your brain you get punished at school, at home and by your friends. How could this happen. You were the one being tormented and all you tried to do was stop it. It doesn't seem fair. Violence never solves problems!!

Anger grows to a point that it needs satisfaction. It is always easier to satisfy anger with violence than to follow the path that is right. Often people don't even see another path, but there is. If you let your anger take over it will blind you from the truth and blind you from making the right decision on how to resolve conflict. As soon as you feel like pounding someone's face in, your on the wrong path and anger has taken hold. Recognize anger and control it before it controls you. If you feel this way you need to be asking for help.

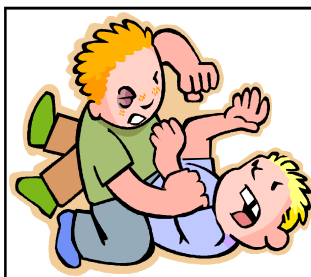
When you resort to violence to resolve conflict you lower yourself to that of an animal

Often shouting and pushing will hurt someone's pride, often wounded pride leads to wounded people. How can you learn to remain calm and control your anger? Holding things inside and trying to deal with issues alone will not help you. Openly discussing it with friends and family and using non-violent conflict resolution techniques is always a Bully Proof kids course of action. When there is violence, it means that all forms of communication have broken down and you resort to animal like instincts. Use your Bully Proof skills and reporting methods to resolve conflicts.

**To fight bullies use the power of your brain
not the sting of your words or fists.**

Non-Verbal Communication

(Body Language)

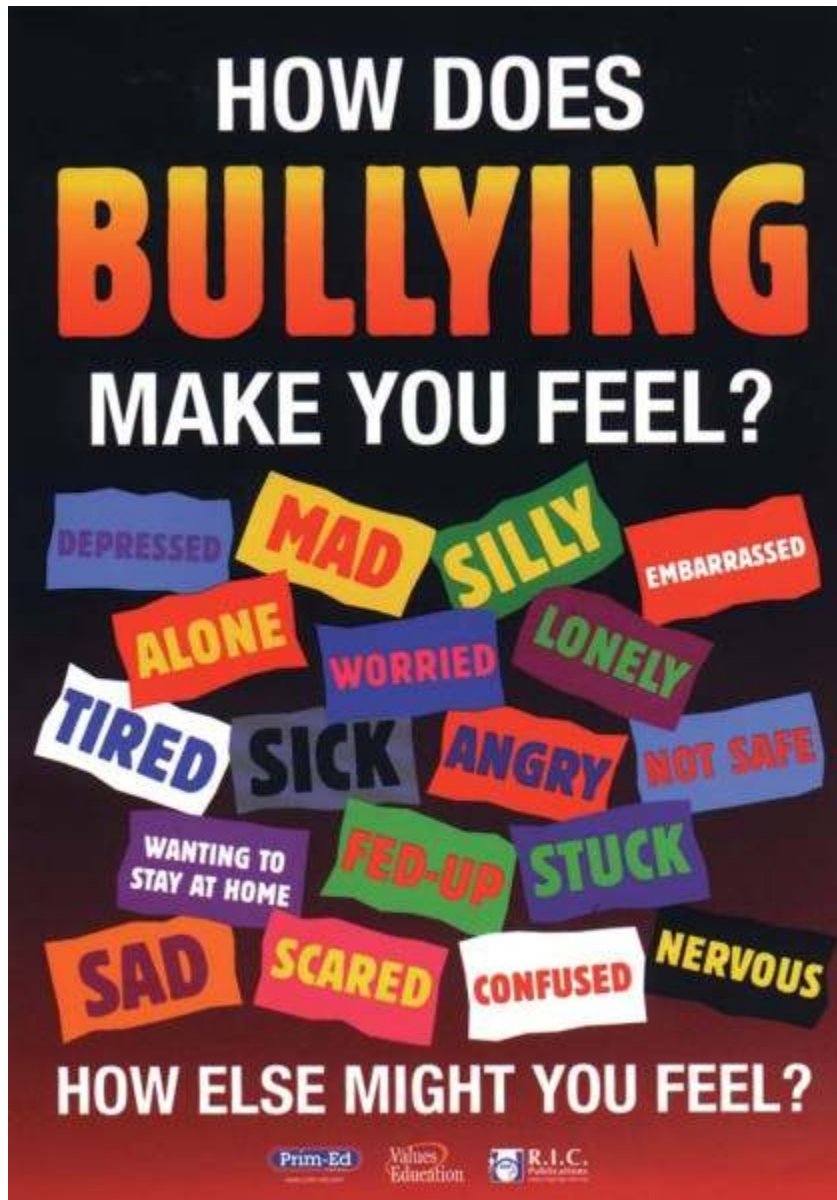


Did you know that the words that come out of your mouth only account for 7% of the message you're trying to tell someone. The other 93% is tone and body language.

Bullies often target kids whose body language give the appearance that they will be an easy target that won't tell or fight back. Does your body language convey the message you want? Bully proof kids use their training and understand that assertiveness means remaining calm, looking confident even when your scared. It's okay to be scared it's just not okay to show it. You practice being safe before there's a fire by preparing and doing fire drills, have a plan and practice your body language and Bully Proof skills so you will be prepared when confronted by a bully.

"To subdue your enemy without fighting is the highest skill."

Ginchin Funakoshi - Founding Father of Modern Karate



If your child, or a child you know is being bullied, or if you want to get help for someone who is either a bully or being harassed at school, then please call the **Halifax Regional Police Anti-bullying Hotline** at (902) 490-SAVE (7283). It operates weekdays between 7:00AM and 10:00PM.

Useful Phone Numbers:

Teen Help Line:
1-800-420-8336

Teen Line (Halifax):
902 567-0330

Kids Help Phone:
1-800-666-6868

Halifax Police Bully Hotline
490-SAVE (7283)

Adult Help Line:
902-562-4357

I know it's unrealistic to expect that your child will *never* cross paths with a bully, it is possible however, to teach him the skills needed to avoid looking like an easy target. Children whose feelings are heard and respected and who have the Bully Proof weapons in their arsenal have the ability to withstand the insults from the meanest bully.

Take these steps and make your child....

Bully Proof!!!

Contact Frank Zinck to book workshops for private groups or functions or contact Mount Saint Vincent University for public workshops

Created and developed by Frank Zinck
Presented by: Frank Zinck and Johanne Connolly
[HTTP://Budocentral.com](http://Budocentral.com) Follow the Bully Proof link.
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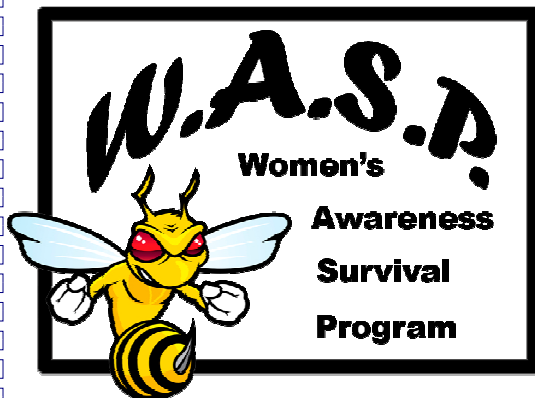


Sponsored by: W.A.S.P., The Kyushu-Ryu Ju-Jitsu Club & Karate-do Shotokai

In memory of and respect for my brother Brian Zinck and for
Kyushu Grandmaster Jacques Dionne.



Our Other programs:



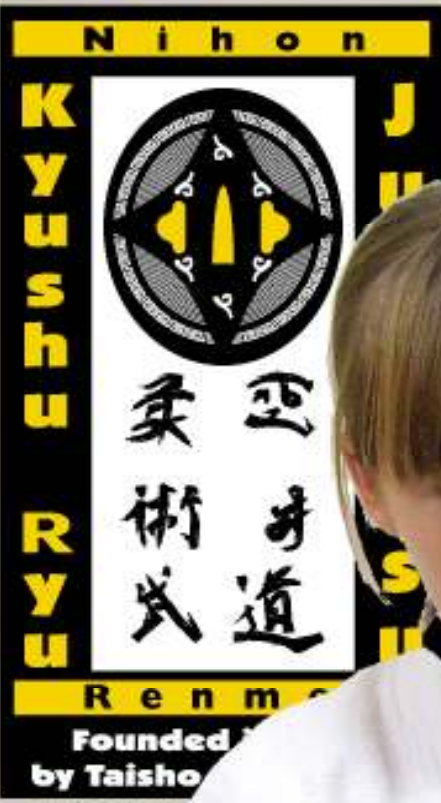
WASP is a dynamic self-defense, awareness and assertiveness training system and fitness class for adult women from 13 - 84 years old. This is not a martial arts class but rather a street oriented rape awareness and self-defense program.

Learn the skills of assertiveness training, while participating in an all female class with a female instructor. Feel safe to openly discuss scenarios, and prepare yourself.

Monday or Wednesday night from 7:30-9:00PM .

****Just \$60** for ten weeks.

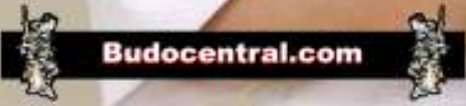
At the North Woodside Community Centre, Dartmouth



Kyushu-Ryu Ju-Jitsu

Youth And Adult Classes, ages 6 years and up

Non-tournament, street oriented



Kyushu-Ryu Ju-Jitsu

Kyushu-Ryu Ju-Jitsu is a street oriented, traditional Japanese martial art. Its main focus is on safety, technical perfection and realistic self-defense skills rather than tournament accolades.

Classes

In our highly successful and fun youth program, youth enjoy learning how to roll, fall and tumble on safety mats. Emphasis is on safety, fun and self-esteem building. Our always near capacity adult classes employ hip throws, joint manipulations and locks, chokes, come-alongs, punching and kicking and weapons. This is the combat style of the ancient samurai.

Youth Program

- 6 - 14 years of age.
- Beginners Tuesday & Thursday 7:00-7:45
- Intermediate & Advanced Tuesday & Thursday 7:45 - 8:30
- \$60 for 10-12 weeks

Adult Program

- 14 years of age and up.
- Beginners Tuesday & Thursday 7:00-8:30
- Advanced Tuesday & Thursday 8:30-10:00
- We also have various weekend workshops.
- \$75 for 12 weeks

Chief Instructor: Master Frank Zinck, 5th Dan

North Woodside Community Centre, 230 Pleasant Street, Dartmouth NS
(902) 464-8794 sensei@budocentral.com www.budocentral.com



Shotokai is a non-competitive form of karate. Rather than winning tournaments, the emphasis is on mental and physical development through the study and practice of the art.

Safety, fitness and fun are highly emphasised in our class. Shotokai is a non-competitive martial art. We do not participate in tournaments where strength and aggression seem to dominate.

Shotokai is, however, full of vitality and energy, while always applying the principles of harmony and relaxation and avoiding the use of brute force. The practitioner of Karate-do Shotokai is ever searching for that impossible perfect technique. This makes participation possible regardless of size, age or sex.

Fitness, coordination, concentration, self-discipline, self-defense and a higher state of awareness are just a few of the benefits of Shotokai enjoyed throughout the world by hundreds of students. Check out photos and movies at www.kds-canada.com.



Our Karate Classes

Our Classes

Our youth and adult classes are fun and exciting and full of interesting activities and exercises.

Adults training here can also train in Sackville or Westfall for free if they wish additional training days.

Ages Categories

Youth:

6 - 14 years of age.

Adult:

14 years of age & up

Times

Youth Classes are:

- Saturday morning from 10:00-10:45
- Cost: \$60 for a 10-12 week term

Adult Classes are:

- Saturday morning from 10:45-12:00
- Cost: \$75 for a 12 week term



Karate-do Shotokai
The North Woodside
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