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**PARENTAL GUIDE
TO BULLY PREVENTION**

CREATING THE RIGHT MINDSET FOR KIDS



➤ **WHAT IS A BULLY?**

- Adult Bullies vs. Child Bullies
- “Power Point”

➤ **WHERE YOU FIND BULLIES?**

- Places the bullies live
- “Comfort Space”

➤ **WHO WILL THE BULLY PREY ON?**

➤ **WHY DO BULLIES DO IT?**

➤ **BBB: BUILDING YOURSELF TO BEAT THE BULLY**

- Confidence/Self-Esteem
- Discipline/Focus
- Nutrition/Exercise
- Social Interaction/Sports and other activities

➤ **BE PREPARED**

**AAA CARD: ALWAYS CARY IT WITH YOU
AWARE – ALLERT – ATTENTIVE**

- Self Defense/Martial Arts
- Continuous Learning

➤ **FIGHT BACK**

- *The 6 secrets to instilling fear in the Bully*
- Eye Contact
- Posture
- Speech
- Body Language
- SuperSafeStance
- No, Go, Yell, Tell!

➤ **LIVE A BULLY FREE LIFE**

- Get a hobby
- Lifestye change
- Mindset change
- Continuous Learning
- Find a mentor or coach



I. WHAT IS A BULLY?

“ A bully uses intelligence, physical strength and/or social prowess to harm or intimidate those who are weaker or appear to threaten their ego

-Bullyprevention4kids.com

ADULT BULLIES

An Adult bully uses their strengths against others weaknesses to intimidate or hurt them. This type of person is more common than you think. For us as adults it feels strange to think that we experience bullying but we actually do see it in our day-to-day lives. Have you ever seen a pushy person in line at the grocery store? Have you ever been stuck at a tollbooth and have the car behind you honking their horn violently? Has a friend or relative pressured you into buying or doing something that you didn't want? These are all examples of Bullies pushing themselves into our lives through intimidation, threatening behavior, and even brute strength. If this is something you recall, or can relate to, you have been effected by a bully in your life at some point. Most of these examples are examples that we as adults see day to day. Now let's take a look at bullies that kids are more likely to see.

CHILD BULLIES

Child bullies are easier to spot than adult bullies. They are typically the ones who trip, kick, hit, and push other kids at school. They also can be seen cutting in line, stealing, yelling, verbally intimidating, and excluding other children from activities or friendships in order to get their way or feed their ego. These are often the children who are most insecure, but often appear to be much more confident than the other children around them. This confidence comes from their "Power Point" .

POWER POINT

A Power Point is the attribute that bullies have that no one else around them has, which gives them the ability to intimidate others. The bully is sometimes much bigger physically than the other children, or seems to be much more athletic, or sometimes has no physical ability in comparison to the other children but simply has quicker verbal skills than the other kids. In any case they use this Power Point to control, intimidate, and sometimes terrorize children in order to feed their growing power in order to control their true insecurity. Being insecure by nature, the bully needs to attack and control others. While the victims of bullying cringe, hide, or cave in to intimidation the bully feels stronger, less insecure about themselves and more in control. Without the Power Point or without the active participation of an intimidated victim, the bully goes back to feeling insecure or begins to improve their behavior and stop bullying. The key then becomes avoiding the Power Point or beating it.

II. WHERE YOU FIND BULLIES

Bullies can be found in all types of situations. They can be found at school, work, the gym, grocery store, on the road or highway, at parties, public parks, etc.

Child bullies can be found at the playground, school, classrooms, a friend's house, around the neighborhood, on sports teams, and even at home. It's important to understand that bullying is an everyday occurrence. Bullies can be found everywhere from the moment we wake up until the moment we fall asleep. They can often be found within families even at home. Parents are sometimes unaware that bullies can be found everywhere. Over half of all children feel they have been bullied by a sibling or family member at some point in their life. Some children feel bullied by fathers or mothers who push too hard while competing in sports events or even because of low performance on academic tests. This is a huge problem for kids when they feel uncomfortable at home because of teasing from siblings or other family members. It is very hard for them to combat this as it is the home is the usual "Comfort Space" for kids.



COMFORT SPACE

A Comfort Space is a place where bullied kids hide out to feel more comfortable and safe. A place where they feel that the bully cannot harm them. It can be a bedroom, a classroom, a playground, a hobby place such as martial arts school or dance class, but the most common Comfort Space is the home. If the home is taken away as the Comfort Space, kids often feel more trapped and helpless and it is very hard for them to get away from the pressure they feel making it more difficult for them to overcome the bullying. The key is to follow the steps mentioned later in this book so that you can be prepared and aware of all of the signs that bullying is taking place.

III. WHO WILL THE BULLY PREY ON?

“You don’t have to be the loser kid in high school to be bullied. Bullying and being picked on comes in so many different forms.”

-Lady Gaga

Bullies pick on all types of children. They pick on those that are physically weak, mentally slow, mentally superior, physically superior, smart, beautiful, ugly, outspoken, introverted, and even those who are more talented than them. Bullies pick on kids who are different from them. Often only slightly different but the bully will zone in on what is different and stick to that point as either a reference or a leverage point to get what they want. Remember, what they want is to feel better about themselves and feed their ego. The bully is already insecure so they need this to build themselves up and to feel superior. The easiest way for them to do this is to find something that is slightly different than the other kids around them, such as a physical difference, speech impediment, or a mental or even emotional weakness they find in someone around them. They then target this person and the weakness they have found!

Becoming a victim of a bully starts with each and everyone of us and how we wake up and lead our life that day. If we lead a life that is full of insecurity, of being unsure of ourselves and what we’re doing then we will become a likely victim of some form of bullying that day and days to come. The key is to begin and end the day with confidence, determination, and purpose.



WHY DO BULLIES DO IT?

Bullies do what they do to gain something for themselves. They are essentially selfish in nature or at least for the moment the bullying occurs. Sometimes they were taught by peers, parents, or social groups, how to bully and they are simply following what they've been taught. Feeding their ego gives them confidence that they naturally lack. This is a huge factor that is often overlooked by parents and school teachers. Treating bullying and addressing the situation needs to start with the realization that these bullies are essentially insecure. In order to help them and in order to help the victims everyone needs to be taught confidence building techniques. Although the bully handles their insecurity differently than the victims of bullying, they are essentially both insecure and lack confidence. This is the main reason the cycle of bullying continues.

This is the reason gangs are a popular form of bullying. Bullies by nature are insecure so banding together in larger groups helps give them the confidence they often lack by themselves. To this day gangs serve as a haven for bully behavior to exist. It is very common to hear ex-gang members say that they were scared, afraid, or even terrified in their neighborhood being by themselves, so they decided to join a gang in order to build their confidence and conquer their own fear. Fear is the main source of fuel for the bullies and this fuel drives them. Without seeing fear, the bully must move on to another victim.



TYPES OF BULLIES

THE 2 TYPES OF BULLIES

There are two main types of bullies in the world. Knowing the difference between the two and recognizing this early can help when dealing with bullies and preventing further bullying.

Individual bullies and group bullies.

The first type of bully is the Individual Bully. These are the bullies who choose to work alone. They are often the biggest kid at school or the toughest kid on the playground. They do not fear being on their own and do not need attention from others to accomplish their bullying. They're often proud of being able to bully others without the help of friends or other bullies. They are usually intimidating in size, intelligence, or perceived confidence.

The second type of bully is the Group Bully. Group Bullies are those that prefer to bully others with the support of friends, acquaintances, or an audience of some kind. These types of bullies need the attention and support from one or more person to get their bullying done and to really feed their ego. They often call a large audience to watch the bullying take place and they usually thrive on having friends support their actions, often coercing others to do the bullying for them.

Within these two groups of bullies are two sub groups. These two subgroups can be seen in both Individual Bullies and Group Bullies.

SUB-GROUPS:

The first subgroup are the bullies that do not mean any harm. These bullies often tease or taunt children in order to gain acceptance from the second type of bully. They also can be found picking on others in order to impress others.

The second sub-group are the bullies that do mean harm and are not willing to back off until they get their wish. For children the second bully is the most important one to be able to deal with but the by being able to deal with the first the child will develop instincts making it easier to deal with the second.

BE PREPARED

 *“Nothing can bring you peace but yourself.”* -Ralph Waldo Emerson

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AAA = AWARE, ALERT, AND ATTENTIVE

Always be prepared by having the three A's with you. That doesn't mean you have to have a AAA membership at the Auto Club but it does mean that you and your child should always be prepared for any situation by remember the “triple A” principle.

Always be:

- 1. Aware**
- 2. Alert**
- 3. Attentive (Assertive?)**

This means that children should first be aware of their environment. Are they somewhere where there are no adults? Are they in a place where there are no phones? Are they in a place where it will be dark soon? These are simple things that sometime we forget to remind children to be aware of. We often focus on difficult concepts for kids, such as;

**“Be aware of who you’re hanging out with!”*

**“Watch out for how much junk food you eat”*

These are very difficult to measure and can be even more difficult for kids to follow. If you instead start with simple things like:

“Remember, when it starts to get dark I want you to always be around an adult you know.”

PLAN:

You must start with a plan. Preparing yourself for any situation in life must always begin with a plan. When you go on any mission such as finding work, a good college, a place to live, we always start with a plan. Being prepared for confronting or avoiding a bully is no different. Kids and their parents should have a plan.

Parents Plan: Parents should always start out by educating themselves as much as possible about bully prevention and the causes of bully issues

FIGHT BACK

“He who believes is strong; he who doubts is weak. Strong convictions precede great actions.”
- Louisa May Alcott

“Nothing can bring you peace but yourself.”
-Ralph Waldo Emerson

