

**Parents: Give Your Children The Most  
Powerful Tool They Will Ever Need  
To Fight Back Against Bullying!  
CONFIDENCE.....**



**Secret Weapon...Let us show you how the  
Martial Arts can give your child the power of  
confidence to prevent bullying.**

By  
Dusty Everson Master Instructor  
Everson's Karate Institute  
1075 Washington Blvd.  
Robbinsville NJ 08691  
609-448-1807  
[www.eversons.com](http://www.eversons.com)





My name is Dusty Everson and my school, **Everson's Karate**, has been successfully teaching Bullying Prevention skills to children in the Robbinsville area for over 25 years. Along with my business partner, Donna Williams and my daughter, Christinia Everson, our goal is to give children their life back by building their confidence.

## **Bullying Is a Big Problem**

Every day thousands of children wake up afraid to go to school. Bullying is a problem that affects millions of students, and it has everyone worried, not just the kids on its receiving end.

Yet because parents, teachers, and other adults don't always see it, they may not understand how extreme bullying can get.

Bullying is when a person is picked on over and over again by an individual or group with more power, either in terms of physical strength or social standing.

Therefore, provide your children with one of the most powerful skills they can learn that gives instant success, **CONFIDENCE**

Thank you,  
Dusty Everson, Master Instructor

# Table of Contents

**Page Four: What is bullying?**

**Page Five: Why is it important to educate your children at a young age about bullying?**

**Page Six: What to do if your child is the bully?**

**Page Seven: What to do if your child is being bullied?**

**Page Eight: Know the difference between bullying and two friends horseplaying!**

[www.](http://www.)

**Page Nine: Knowing the signs of bullying!**

**Page Ten: Sixteen Bully Buster Ways!**



# What is bullying?

Bullying is acting in ways that scare or harm another person. Kids who bully usually pick on someone who is weaker or different, and repeat the actions over and over. Bullying starts at a very young age and no one is immune to it.

Bullying can take many forms, including:

- Physical harm, such as hitting, shoving, or tripping.
- Emotional harm, such as making fun of the way a child acts, looks, or talks. Writing mean things about someone in emails or online journals (blogs) is also bullying.

Girls who bully are more likely to do so in emotional ways. Boys who bully often do so in both physical and emotional ways. For example:

- A girl may form a group and exclude another girl or gossip about her.
- A boy may shove another boy and call him names.

Both boys and girls take part in "cyber-bullying." This occurs by using high-tech devices to spread rumors or to send hurtful messages or pictures.

Emotional bullying doesn't leave bruises, but the damage is just as real.

If you think your child is being bullied or is bullying someone else take action to stop the abuse.



# Why is it important to educate your children at a young age about bullying?

Bullying is a serious problem for all children involved. Children should learn about the effects of bullying at a young age.

Teach your children the avenue and skills they will need if they become a victim of bullying.



Let your children know bullying is unacceptable and that there will be serious consequences at home, school, and in the community if they become the bully.

Why?

Kids should be aware of what bullying is so if it happens to them

they know the proper way to handle it.

Educating children NOW can stop bullying and even create awareness so children will have the skills needed to protect themselves.

# What to do if your child is the bully?

What if you're getting the complaints that your son/daughter is the bully?

Nothing will ever be solved if you simply ignore the problem and hope it goes away. Even if you don't feel your child has done anything wrong, you still need to start a dialogue with them. Approach the subject from a non-threatening, conversational point of view and ask your child to explain the situation from his or her perspective.



In my years as an instructor, when a parent comes to us about bullying we find that most children whether being the bully or being bullied, are lacking in confidence. In both cases, the bully is looking for a way to...

1. Make themselves feel better.
2. It's a joke.
3. Showing off in front of their friends.
4. Bored.

In any case, finding a positive outlet like the Martial Arts, which has the tools and skills necessary in helping to build confidence, will give your child a feeling of pride.

# What to do if your child is being bullied?

I want to start by saying that my heart goes out to you if someone in your family is being victimized by a bully.

I wish I knew all the secrets on how to stop bullying, but I don't. However; there is something I can tell you... If your child is being bullied, great place to start is helping them to build a strong level of confidence and self-respect.

## Bully Buster Tips:

1. Do a confidence check-up. Most children that are being bullied need their confidence level raised.



2. Encourage kids to speak to a trusted adult if they are bullied or see others being bullied. The adult can give comfort, support, and advice, even if they can't solve the problem directly. Encourage the child to report bullying whenever it happens.

3. Talk about how to stand up to kids who bully. Give tips, like using humor and saying "stop" directly and confidently. Talk about what to do if those actions don't work, like walking away.

4. Talk about strategies for staying safe, such as staying near adults or groups of other kids. Urge them to help kids who are bullied by showing kindness or getting help.

# Know The Difference Between Bullying and Two Friends Horseplaying!

[www.](http://www.)

Well this is a hard subject! Parents come to us all the time to talk about their son/daughter being bullied. After further talking with the parents we discover the children are actually playmates.

So, the big question is how do you know the difference between bullying and horse playing?



First, know the signs; some children just don't play well together. It is a competitive world out there. When two children can't play together they may need to choose different friends. (Even if the parents are best friends). We need to remember just because parents are best friends, does not mean the children are.

YES, Just as children need to learn about bullying, they need to learn how to play fair, and together. As they get older they will need to pick their own friends. This is important to understand.

If your son/daughter comes home with the same complaint, that is a form of bullying and maybe you should take them out of that environment.

**(Bullying is when a child feels powerless to resolve a conflict).**

[www](http://www.)

[www](http://www.)



# Knowing The Signs Of Bullying...

A child may indicate by their behavior that he or she is being bullied. If your child shows some of the following signs, bullying may be responsible and you might want to ask if someone is bullying or threatening them.

Children may:

- be frightened of walking to and from school
- change their usual route
- beg you to drive them to school
- be unwilling to go to school
- feel ill in the mornings
- begin doing poorly in their school work
- come home regularly with clothes or books destroyed
- come home starving (bully taking lunch money)
- become withdrawn, start stammering, lack confidence
- become distressed and anxious, stop eating
- attempt or threaten suicide
- cry themselves to sleep, have nightmares
- have their possessions go missing
- ask for money or start stealing (to pay the bully)
- continually 'lose' their pocket money
- refuse to talk about what's wrong
- have unexplained bruises, cuts, scratches
- begin to bully other children, siblings
- become aggressive and unreasonable
- give improbable excuses for any of the above



## Sixteen Bully Buster Ways...



1. Respect the bully: Everyone deserves respect but you don't have to respect their actions.
2. Make friends: Treat the bully as a friend instead of an enemy.
3. Use humor: You can turn a threatening situation into a funny one.
4. Walk away: Don't get into it—just walk away.
5. Don't tell them to stop—ask them to stop or ask them why: When you tell them to stop you're challenging their power, which challenges them to do what they said and prove they are in charge.
6. Speak loudly so others can hear the conversation: It gets them the attention they want and witnesses you need to support your claims.
7. Do not retaliate or get angry: Respond firmly when asking them to stop, or walk away. A gentle answer turns away anger, but a harsh word causes.
8. Keep a journal of times you've felt bullied.
9. Use cleverness: Use your creative imagination to resolve conflict.
10. Agree with the bully: Let insults go—without fighting back
11. Refuse to fight: The winner of a fight is the one who avoids it
12. Stand up to a bully: Stick up for yourself. Just say NO! To bullying.
13. Ignore the threat: Be like bamboo—bend in the wind.
14. Use authority: Call a proper authority to help you "defeat the bully."
15. Reason with bully: Use the most powerful tool you have—your brain.
16. Martial Arts stance: **Be a victor—not a victim!**

# Bullying Stops Here!

[www.e](http://www.e)



**Everson's Karate Institute**

**Bullying Stop When Ever Body  
Gets Involved!**



**Everson's Karate Institute  
Foxmoor Shopping Center  
Robbinsville NJ**

**[www.eversons.com](http://www.eversons.com)**

**609-448-1807**

